



How Do I Prepare for Surgery?

We use a local anesthetic for numbing your surgical site. You will be awake during your procedure. Although not required, you may choose to have someone drive you to and from your appointment. The morning of your procedure, shower or bathe as normal. You may not be able to get the surgical area wet for 48 hours after surgery, so please plan accordingly. Limit facial makeup if having surgery on the face. Wear clean, loose, ready-to-wash clothing. Eat a good breakfast. You may bring snacks and beverages to the building.

Because it is difficult to estimate how much time your surgery will require, we advise that you bring reading materials, work, or personal computer. We have complimentary Wi-Fi in the building.

On the day of your surgical procedure, take your regularly prescribed medications unless you are told not to do so by your referring physician. If you are taking anticoagulation medications (such as aspirin, Coumadin®, Plavix®, Xeralto®, Eliquis®) for an established medical condition, please continue to take these medications unless you are told to stop by your primary care physician.

If you are taking a baby aspirin (81mg) only for preventative reasons, discontinue the aspirin for 2 weeks prior to surgery. If you take non-steroidal anti-inflammatories (such as ibuprofen, naproxen, Aleve®, Motrin®) discontinue these medications 4 days prior to your procedure.

If you smoke, decrease or cease smoking for 2 weeks prior to your surgery. Do not drink alcohol 2 days prior to your surgery. If your physician recommends that you take antibiotics prior to surgical procedures, inform your doctor, and take the antibiotics 1 hour prior to your scheduled surgery time.

What to Expect the Day of Surgery:

Arrive at the office at least 15 minutes prior to your scheduled surgery time. There is free parking with disabled accessibility in the lot located in the front of the building.

After arriving, you will be brought into a procedure room by one of the staff. Your medical history will be reviewed. The surgical site will be verified and informed consent obtained.

We perform both Mohs surgery and standard surgical excisions at Skin Solutions Dermatology + Cosmetics. Please note some differences between the two surgeries.

Standard Surgical Excision:

Standard excisions are typically reserved for benign growths such as cysts and lipomas, atypical moles, cancerous moles (melanomas), and skin cancers of the trunk and extremities.



After numbing the area with a local anesthetic, Dr. Regula will remove your skin cancer or other lesion with a margin of normal skin. These margins follow dermatologic guidelines that have been established through extensive research.

Once the lesion is removed, Dr. Regula will place stitches in the wound to repair the area. The removed tissue will be sent to the pathology lab for evaluation, once your surgery is complete. Pathology results typically take 1 to 2 weeks and will be reviewed with you at your suture removal appointment or on our patient portal.

What to Expect After Your Procedure:

Plan on wearing a gauze pressure bandage and not getting the surgical area wet for 48 hours. You will also be asked to apply ice to the region. As with any surgical procedure, you may experience some swelling, pain, redness or bleeding.

A pressure dressing will be placed over your wound the day of surgery. This dressing will remain undisturbed for the first 48 hours after surgery. In addition, do not get the pressure dressing wet for the first 48 hours.

After 48 hours, you may shower with the dressing in place and change the dressing afterwards according to the following directions:

1. Remove the old dressing by soaking with water and discard.
2. Clean the wound gently.
3. Apply Aquaphor® or Vaseline® ointment to the wound.
4. Completely cover the wound with a non-stick pad or band-aid. Always keep your wound covered unless otherwise stated.

Our staff will provide you with detailed wound care instructions. You may need to purchase Aquaphor® or Vaseline® ointment, Telfa® non-stick pads, gauze, band-aids, or micro-pore paper tape. We suggest you do not purchase these items until after surgery. The amount of supplies needed depends on the extent of your surgery.

Swelling and Redness:

It is normal to have some swelling and redness around the wound site after surgery. We recommend applying ice around the surgical site to decrease the swelling and help with any discomfort. Ice should be applied every hour, for 20 minutes on, 40 minutes off, until bedtime the day of the surgery.



Bleeding:

The night of the surgery, there may be a small amount of drainage from the wound, especially on areas of the scalp, nose, forehead, and cheeks. This should stop by bedtime. If the bleeding seems excessive or does not stop, then:

1. Lie down and apply continuous, direct pressure over the wound dressing for 20 minutes.
2. After 20 minutes, if the bleeding continues, remove the bulky pad and apply direct pressure with a clean folded gauze over the bleeding site for an additional 10 minutes.
3. If the bleeding still has not stopped after two pressure efforts, call the office number to contact Dr. Regula or go immediately to the nearest emergency room.

Pain:

You may have mild to moderate pain for a day or two following the procedure. The application of ice to the wound, using the above regimen, will help decrease pain. If the pain is still uncomfortable, we recommend taking extra-strength Tylenol™ every 4-6 hours. If this is not sufficient, you may alternate the Tylenol™ with ibuprofen. For example, take 2 extra-strength Tylenol™, 4 hours later take 600mg of ibuprofen, 4 hours after that take 2 extra-strength Tylenol™, and so on. If the pain is not relieved with this regimen, then a prescription pain medication approved by Dr. Regula can be taken. If there still is no relief from the pain with the regular use of pain medication, or if the condition worsens after 3 to 4 days, please contact our office.

Other Recommendations After Surgery:

Smoking impairs healing of the surgical site. If you smoke, we strongly recommend stopping or significantly decreasing smoking for 2 weeks after your surgery.

Alcohol may increase your propensity to bleed. Do not drink alcohol 2 days prior to or 2 days after your surgery.

Use common sense in terms of heavy lifting or aerobic activity. Weight lifting, aerobic exercise, swimming, and sports may be prohibited for up to several weeks post-procedure. Ask Dr. Regula or staff if there are any restrictions after surgery.

Most patients are able to return to work the day after surgery. Although we ask that you plan to take it easy for 24-48 hours.

Our staff is available to answer any questions or concerns you have prior to your surgery - please call during our office hours Monday through Friday (7:00am-3:30pm) at 412-887-4346.



SKIN SOLUTIONS
DERMATOLOGY + COSMETICS

Directions to Skin Solutions Dermatology + Cosmetics:

Route 8/Route 28 North: From Route 28 North. Take Exit 8 (Fox Chapel Road). Bear left off ramp toward Fox Chapel Road. Turn right at light onto Fox Chapel Road and go straight through the light onto Old Freeport Road (road will then bear left) and follow 1/10 mile. Turn right onto Chapel Harbor Drive and go through the tunnel under the train tracks. Keep right on Chapel Harbor Drive and follow toward and along the river (past townhouses). Park Place Office Building will be on your right, (after the Gazebo). Parking entrance on right immediately after building. Suite 100 is on the 1st floor.

Route 28 South: From Rt. 28 South, take Exit 8 (Fox Chapel Road). Turn right onto Fox Chapel Road, then follow Rt. 28 North directions above.

Pittsburgh: Take Fort Duquesne Bridge to Interstate 279 North. Take Exit 7C to Rt. 28 North. Follow directions from Rt. 28 North.

Shadyside/Oakland: From the Highland Park Bridge, bear right onto Rt. 28 North. Follow directions from Rt. 28 North.

Turnpike (from East): Exit 48 (Allegheny Valley) to Rt. 28 South. Follow directions from Rt. 28 South.