

Dermatology & Dermatologic Surgery Group of Northern Virginia, PLLC

Linda Park Nims, M.D. F.A.A.D.
Rebecca R. Barry, M.D. F.A.A.D.
Kelley P. Redbord, M.D. F.A.A.D.

Board Certified Dermatologists

Voice: 703-938-5700 Fax: 703-938-4467
243 Church Street, NW, Suite 200-C
Vienna, Virginia 22180

SURGERY PRE-OP INSTRUCTIONS

Dear Patient:

You have scheduled a skin biopsy surgery with Dr. _____;

Surgery Date _____, Time _____. This sheet will help you to prepare for your surgery.

- Tell your doctor if you are allergic to any medications.
- Tell your doctor if you are pregnant, could be pregnant or are nursing.
- You will not be put to sleep; a local anesthetic will be used.
- If you take blood thinners like Coumadin, Plavix, Aspirin or Xeralto, contact your cardiologist at least 3 days prior to your surgery, to confirm that you can safely hold off the blood thinner - otherwise take your medication as usual
- If the surgery site is on your face, do not apply makeup the day of your appointment.
- Avoid going in a hot tub, pool, lake, river, ocean etc. for at least a week until the surgery site is healed.

Additional information for surgery **with stitches**.

- Please shampoo/shower the morning of your surgery.
- You will be given wound care instructions after your surgery.
- No strenuous activity for 2 weeks after your surgery, such as: yoga, Pilates, running, treadmill, yard work, household repairs, lifting anything over 10 pounds, or any other strenuous sports that can break your sutures or cause bleeding.
- If your surgery is for skin cancer, your next appointment should be in 3 months unless otherwise specified.
- Any sutures that you can see will need to be removed, please make an appointment for suture removal after your surgery at the interval that your physician advises.

Your skin specimen will be sent to a dermatopathology laboratory, where a dermatopathologist (M.D.) will examine your skin sample. Prior to your surgery, contact your insurance for its preferred laboratories. Otherwise, we will send your skin specimen to a lab that participates with your insurance. You will be responsible for paying lab fees not covered by your insurance.

Dermatopathology Laboratories where we send specimens:

- o Bethesda Dermatopathology Laboratories 301-439-4340
- o Mid- Atlantic Pathology an Aurora Diagnostic Partner..... 888-404-0002
- o Dianon Pathology (Lab-corp Specialty Testing Group).....800-328-2666
- o Dermopath Diagnostics (Quest Diagnostic).....800-257-0117

If you have any questions, please call our office at 703-938-5700 and ask to speak to a nurse.

After-hour calls can be forwarded to the on-call doctor if you have an urgent concern about your wound.