

You are scheduled to have Mohs surgery in the Department of Dermatologic Surgery in:

- Burlington (67 South Bedford Street, East Lobby, 1st floor)
- Peabody (1 Essex Center Drive)

To help you prepare for your surgery, please follow these instructions. If you have any questions, please call **781-744-8348** between 8 am and 5 pm, Monday through Friday.

◀ The NIGHT BEFORE your surgery

- Try to get a good night's sleep the night before.

◀ On the DAY OF your surgery

- If you are visiting Lahey Hospital & Medical Center for the first time, please come 15 minutes before your appointment. We will have some paperwork for you to fill out.
- **Take all your usual medications** unless you were told otherwise.
 - If you take blood thinners, such as Coumadin (warfarin), Plavix, Lovenox, Xarelto or Eliquis, or anything that contains aspirin, please let us know the day of surgery. You **do not need to stop these medications** unless you were told otherwise.
 - Please **bring a list of all the medications** you are taking.
- Share any information about your health that we should know about. If you have a history of panic attacks or anxiety, please let us know before the day of your surgery. We can suggest ways to make you more comfortable the day of the surgery.
- If you are having surgery on your leg, wear loose pants with wider legs and larger-fitting shoes. We may have to put a special bulky dressing that starts just below your toes and goes just below your knee.
- **Eat and drink** as you usually would unless you were told otherwise.

◀ On the DAY OF your surgery (continued)

- Please be prepared to spend the entire day with us. Unfortunately, we cannot tell ahead of time exactly how long your wait will be.
 - You may **bring something to read, watch or listen to** while you wait. You may also have a friend or family member stay with you in the waiting area.
 - You may want to bring a lunch and/or snacks since you may be here for several hours. You can also leave the area to get lunch. There is no cafeteria or coffee shop at the Burlington location, but there are some coffee/sandwich shops within walking distance. There is a cafeteria at the Peabody location.

◀ After your appointment

- You will not be given any medications that will make you sleepy during the surgery. Because of this, most people can care for themselves after the surgery. But we do suggest that a friend or family member take you home, especially if you had surgery near your eye. (You may have a dressing near your eye that makes it harder for you to see.)
- We will give you instructions on how to care for the area where you had surgery. If you are not able to care for it yourself, we will teach a friend or family member to help you.

◀ Important points to think about

As you plan for your surgery, please consider the following:

- If you have stitches, you will have them removed in 1–2 weeks. We may ask you to be less active while the stitches are in place. If this will be an issue for you, please let us know.
- We strongly recommend that you do not fly until your stitches are removed. The changes in cabin pressure in the plane may affect how you heal.
- If you have an important event scheduled for after your surgery (such as a wedding or important presentation), please let us know. We may suggest that you wait until after the event to have the surgery so that your wound has time to heal.
- If your wound will be on your **face or scalp**, you will have a bandage on it. You may have to wait for 5–7 days before you can get it wet.

◀ Important points to think about (continued)

- If your wound will be on your **body**, you will have to wait 48 hours before it can get wet. You will also have to avoid soaking in water (no baths, pools or hot tubs) and hard physical activity (such as working out) for 2–3 weeks after surgery.
- If your wound will be on your **lower leg**, you may need to keep your leg raised up, when possible, for several days to weeks after surgery. You may also need to wear special support stockings that help your blood flow during this time.