



You have been scheduled for our Surgical Clinic

If you cannot attend your appointment contact us at theteam@skincarwest.com to cancel. Please give us as much notice as possible (at least 48 hours). Bookings can also be cancelled by phone at (250)740-2125.

- **Thank you for your patience if there is a wait.** Occasionally procedures take longer than expected. At times urgent procedures need to be accommodated. Come prepared with something to help pass the time. Factor a possible delay into what you schedule after your procedure.
- **Bathe on the morning of your appointment.** For most procedures you will be asked to keep your post-op dressing on and dry for the first 24 hours.
- Please **trim hair around your surgical site** with scissors or an electric clipper prior to your procedure, but don't shave the area (shaving increases risk of post-operative infection).
- **Wear comfortable clothes** that easily expose the surgical site. Some bleeding may occur, so avoid items that stain easily.
- **Do not stop any medications** prior to your procedure but tell the doctor if you are on a blood thinner. Inform the doctor about any allergies to latex, local anaesthetics, topical ointments, or bandages. Also, let the doctor know if you have an implanted electronic device such as a pacemaker, ICD, cochlear implant or nerve stimulator.
- Most surgical procedures at our clinic are performed using local anaesthetic. Expect some mild discomfort during your initial injection, but the procedure itself should be mostly painless. Feel free to **bring a sweet to suck on, a stress ball to squeeze, or an electronic device** for distraction. Something sweet and a video are particularly helpful for children but work for adults too.
- **Do not schedule strenuous activities after your procedure** for several days to weeks, depending on the size and location of the expected wound. You can shower 24 hours after most procedures but avoid soaking your wound until healed (no swimming, no hot tub).

Complications related to skin surgery are rare, but a few to be aware of include:

- Incomplete removal of certain lesions may require further surgery.
- Wound infection requiring antibiotics occurs in a small proportion of cases. Sometimes it causes wounds to open, which delays healing and may widen the scar.
- Excessive scarring, sometimes with associated itch or discomfort, may occur. The risk is higher in certain individuals and in particular body areas. The discomfort usually settles with time, but the appearance may persist.
- Damage to minor branches of sensory nerves is often unavoidable with skin incisions. Other nerves can usually compensate, but small areas of permanent numbness near a surgical scar are common.

The doctor will review risks with you that are specific to your procedure and address any questions or concerns you may have. Don't hesitate to ask!