



EXCISION PACKET

About your surgeon

Elena Maydan, M.D. is a *Board Certified* Dermatologist with a fellowship training in Mohs Micrographic Surgery, cutaneous oncology, and reconstructive surgery. She graduated *summa cum laude* from Columbia College of Columbia University in New York City and was first in her medical school class at Cornell University Medical College. She then completed her Dermatology Residency at the Albert Einstein College of Medicine in New York City, where she also served as a Chief Resident. She received her formal training in Mohs Micrographic Surgery and Cutaneous Oncology in a Mohs-College-approved fellowship at the Center for Laser and Dermatologic Surgery in Pomona, NY, affiliated with Columbia University Medical Center. Dr. Maydan currently holds an academic appointment in the Dermatology Department of Columbia University College of Physicians and Surgeons. In addition to skin cancer surgery she is also skilled in laser surgery and cosmetic dermatology.

What do I need to do to prepare for my surgery?

Know the exact location of your surgical site. It seems strange but very often biopsy wounds heal so well it is hard to find the site. This does not mean that the roots of the skin cancer are gone. If you are unsure of the biopsy site, there are some useful practices to help us find it. Your dermatologist may have taken a photo of the site or made a diagram; please make sure they forward it to us or bring it with you to your appointment. While the biopsy wound is still fresh you can take a photo of the site for us to examine or come to us and we can photograph it. If you have any doubt you can return to your dermatologist and they may photo the location or circle it with a surgical marker. There are rare instances, depending on type and size of your skin cancer that the biopsy will have removed the entire growth and the area can be followed closely or treated with a topical cream.

Breakfast: Because the procedure is performed under local anesthesia, you may eat breakfast in the morning.

Medications: **Please take all of your daily prescription medications prior to surgery, including blood thinners and especially, blood pressure medications.** Also bring a list of your medications with you, including non-prescription drugs.

Discontinue non-prescription blood thinners (aspirin, advil, fish oil, vitamin E) 10 days prior to surgery **UNLESS** recommended by your doctor for history of heart attack/stroke/blood clots/artificial valve/stents/etc.



Alcohol: Alcohol promotes bleeding. We ask that you avoid alcoholic beverages 1 week before and after surgery.

Attire: Wear comfortable clothing. Please, select a shirt that buttons up the front, instead of slipping over your head if we are treating you from the waist up.

What should I expect after surgery?

It is normal to have swelling and bruising after the procedure. In some cases, it can be very extensive. For that reason, we recommend not scheduling the procedure within one week of an event in which you would be concerned about your appearance.

If you have any problems at home after surgery, please do not hesitate to call our office. We will be glad to answer any questions. Instructions for wound care will be discussed at the completion of surgery and you will receive written instructions as well.

Will I have pain after surgery?

The surgical site may be sore for several days after surgery. If there is any discomfort, Tylenol is usually adequate for relief. We may prescribe stronger pain medications depending on the extent of the procedure. Avoid taking aspirin or ibuprofen containing medications as they may cause bleeding.

Can I exercise after surgery?

Activities, including exercise or heavy lifting, may be restricted until stitches are removed. It depends on the location and extent of surgery. To be safe it is advised that you do not schedule surgery at a time when you will need to be physically active in the week after the procedure.

Can I travel after surgery?

It is recommended to avoid traveling for 1 week if the procedure was done on the face and 2 weeks when on trunk/extremities.

Will I need to come back?

Suture removal and wound evaluation is usually performed one to two weeks after surgery. Periodic visits at least once or twice a year to your referring dermatologist are advisable to monitor for new skin cancers or signs of recurrence from previous procedures. **Since statistics show that a patient with skin cancer has a higher chance of developing another one, follow-up is very important.**



How can I protect myself from developing more skin cancers?

Here are some helpful hints to avoid the damaging effects of the sun and protect your skin from more injury:

1. *Cover up with protective clothing, hats, beach umbrellas, etc. (even on cloudy days) to minimize unnecessary exposure.*
2. *Avoid the sun at its most intense hours from 10:00 am to 4:00 pm if possible.*
3. *Regularly and liberally apply a broad spectrum sunscreen (SPF 30 or greater with UVA and UVB coverage) on a daily basis. Re-apply every 2-3 hours during prolonged exposure.*

Additional information for patients needing assistance:

If you should require assistance, you will need to be accompanied by someone who can assist you before and after your procedure. If you are seeing us from a nursing home, an aide must be present at all times.

Power of Attorney / Conservator:

If you have a Power of Attorney or conservator, he or she needs to give permission to proceed with surgery. This can be done verbally over the phone or at the time of the appointment.

For any further information, please contact our office at:

Shelton 203-538-5682

Hamden 203-288-1142