

**ARMEN VARTANY, M. D.**  
Certified, American Board of Plastic Surgery  
**116 South Buena Vista Street**  
**Burbank, California 91505**  
**(818) 500-0823**

### **INSTRUCTIONS FOR LESION REMOVAL**

#### **BEFORE SURGERY:**

Do not take aspirin, Excedrin, Ibuprofen, Motrin, Advil, Aleve or any other non-steroidal anti-inflammatories, for two weeks prior to surgery and for one week after surgery. These medications interfere with normal blood clotting. You may take Tylenol, if needed, for minor aches.

If you develop any signs of fever, infection, pustules, or a cold, please notify the office.

The night before surgery, wash with an anti-bacterial soap (Dial, Safeguard, Phase III, etc.). Shampoo your hair, as well, if the lesion is near the hairline.

If your surgery is being performed under General Anesthesia, you may brush your teeth the morning of surgery, but have nothing to eat or drink after midnight the night before surgery. If your surgery is being done under a local anesthetic in the office, you may have a light meal in the morning and/or afternoon. If you take any medications for blood pressure or your heart, please take them with a very small sip of water as scheduled.

Do not wear make-up, nail polish or jewelry on the day of surgery.

Please wear a loose fitting, button up garment, that will not require being put on over the head. Do not wear pantyhose, boots, or girdles.

If you wear contact lenses, be sure to bring a case and solution as your contact lenses will need to be removed prior to surgery. You will be able to put your contact lenses back in approximately two days after surgery.

Please park on the second floor of our parking structure. This is the level that you will be discharged on.

When you arrive for surgery, you will advise the facility who is to be called to take you home. Once you have been transitioned to the recovery room, your designated ride will be contacted. Your ride will need to arrive within 30 minutes for instructions and discharge.

You **must** have someone spend the first night with you.

If you have any questions, prior to surgery, please call the office at (818) 500-0823.

## **AFTER SURGERY:**

You are to go directly home and remain in bed until the following morning. You may have bathroom privileges, but with assistance.

Once you return home, you may start using cold compresses over the treated area. Use the cold compresses while awake for 48 hours after surgery. You should allow the compresses to stay on the area in 15-20 minute intervals.

If your surgery is performed under General Anesthesia: You may have small quantities of liquids as desired and/or tolerated during the first night. \*\*If you are experiencing any nausea, avoid taking the anti-biotic and/or pain medication until the following day when you may progress to a soft diet. After that, you may eat as desired and tolerated. Avoiding hot or spicy food may help prevent additional swelling.

If your surgery is performed under Local Anesthesia: You may have food and beverages as desired and tolerated after surgery. Avoiding hot or spicy food may help prevent additional swelling.

Swelling and discoloration are expected. Excessive swelling should be reported to the office immediately.

Avoid getting overheated, and do not sit out in the sun for at least two weeks. Additionally, avoid any exercise and/or strenuous activity that could potentially elevate your heart rate or blood pressure for two weeks after surgery.

You may shower 24 hours after surgery. Be gentle when cleansing around the treated area. Pat the area dry.

Sutures (if external) will be removed 5 - 7 days after surgery during your first post-operative appointment.

Should you have a question or concern during office hours:

Monday – Friday 7:30am – 6pm (Closed 12pm - 1pm for lunch)

Saturday 7:30am – 4pm (Closed 12pm – 1pm for lunch)

Please call the office at (818) 500-0823.