



Dr. Patrick McCrea

M.D., M.A.Sc., F.R.C.S.C., General Surgeon

Boardwalk Professional Centre

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Ambulatory Care Procedure

This is an instruction sheet for patients scheduled for an ambulatory care procedure which includes removal of skin lesions, lumps/bumps, or toenails. You may also be seeing Dr. McCrea for post operative wound care. Read carefully. Please call the office if you believe there is an error with the date, time, or type of procedure.

If this is your first visit with Dr. McCrea, please fill out the Health Questionnaire (attached), and return it to the office. The clinic should receive by email (preferred), faxed, or mail at least 1 week in advance.

Attention: _____

You are scheduled for an upcoming Ambulatory Procedure with Dr. Patrick McCrea.

Date: _____ Time: _____

Location: Ambulatory Care, Queen Elizabeth Hospital, 60 Riverside Drive, Charlottetown, PE.

Please register at the Admitting Department, 60 minutes prior to your scheduled appointment time.

You must call 902.368.7610 or email info@drpatrickmccrea.com to confirm appointment at least 7 days prior to scheduled procedure or your appointment will be cancelled. If you cancel later than this, it is difficult to find someone to take your place and you may be subject to a cancellation fee.

Preparing for your Appointment

Making Arrangements and Pain Control: You will not be sedated or have narcotic analgesia for this procedure so you may drive yourself to/from the appointment. However, you may be interested in having a responsible adult with you to help you. The procedure will take about 20 minutes. Your procedure will not be associated with significant pain but you will receive a local anaesthetic. If you wish to, you may take Tylenol 650 mg and Ibuprofen 400 mg 30 minutes prior to your appointment.

Medications and Herbals: Please contact Dr. McCrea if you take blood thinners (*Ticlid/Ticlopidine, Pradex/Dabigatran, Coumadin/Warfarin, or Plavix/clopidogrel*) as they most likely will need to be stopped. Aspirin and all other medications can be taken as usual. The following herbals can cause bleeding and must be stopped 7 days in advance: *Gingko Biloba, Ginseng, Ginger, and Garlic.*



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Post-Operative Instructions

What to expect and Wound Care:

Skin Lesions, Lumps, and Bumps: You may have a numbness or tingling sensation around your incision as well as some discomfort. You will have dissolvable sutures and steri-strips. You may shower after 48 hours after surgery but avoid scrubbing the steri-strips and dry them afterwards. Avoid bathing or swimming for one week. The strips can come off at one week time. Call the office if you have a large swelling or there are any signs of infection such as increasing pain, redness, or persistent drainage.

Toe Nail Removal: You will have a gauze wrapped snugly around your toe. You can take the gauze off the next morning and replace it with looser gauze; the gauze can be replaced every 12 hours or as needed after this. You should use off-on ice and try to keep your foot elevated as much as possible over the first 48 hours; when walking use an open toed shoe such as a sandal. If you have some throbbing type pain, this is best treated by applying ice and re-elevating the foot. Call the office if you have a large swelling or there are any signs of infection such as increasing pain, redness, or persistent drainage.

Pain Control: You may take Tylenol and Ibuprofen for pain control as needed; narcotics are not necessary and cause unnecessary problems with constipation and nausea.

Exercise and Activity: Over the first 5 days try to avoid activities that stretch or the surgical area but you should otherwise be fine to resume all your usual activities. If you an activity is uncomfortable, stop it and retry the next day. At 2 weeks you should be back to your full level of activities.

Driving and Return to Work/School: You may return to work the day after your surgery with light duties which most employers/schools will accommodate. At 2 weeks time, there are no restrictions. You can drive and operate machinery only if you are narcotic free and comfortable reacting to an emergency.

Follow-up and Emergencies: Unless you are told otherwise, there is no follow-up in clinic. There is pathology sent from every procedure and this usually takes a few weeks to return. We do not routinely call about pathology results unless they are significant. Call the office at 902.368.7610 if you have any problems or questions. If you feel unwell or have fever, vomiting, bleeding wound, or increasing pain then go to the emergency room.

If there are any questions or concerns regarding these instructions, please contact Lindsay Perry, Administrative Assistant, at Dr. McCrea's Office at info@drpatrickmccrea.com or at 902.368.7610.