

by your doctor including blood thinners like Coumadin or aspirin. If you are taking medicine or herbal supplements without your doctors orders, please discontinue them 10 days prior to your surgery appointment (including Aspirin, Ibuprofen, Bufferin, Excedrin, Alka Seltzer, Advil, Aleve, Motrin, Oral Vitamin E, and Ginko Biloba). You may take Tylenol if needed for pain. Alcohol will also promote bleeding, so avoid alcoholic beverages 48 hours before surgery. Please avoid wearing makeup, perfume, nail polish, and jewelry. **If you require oxygen, be sure to bring enough of a supply to last the entire day.**

Transportation: It is necessary that you arrange to have a companion drive you from our facility. Failure to do so may result in having to reschedule your appointment as certain surgical sites might interfere with your ability to drive. Please call if you have questions about this policy.

Breakfast: The day of surgery, we suggest that you eat your normal breakfast, unless otherwise specified.

Nursing home patients: Nursing home patients are required to bring a companion with them to help with their needs throughout the day.

After Surgery

Wound care: Instructions for wound care will be discussed by staff and provided in written form. Wound care ranges from simply protecting and preserving a bandage applied in the facility to daily changes of the bandage.

Follow-up appointments: Usually, one return visit is all that is needed to examine the healed surgical site or to remove your surgical dressing.

Afterwards, you may return to your referring physician for routine checkups. A follow-up period of four years for the treated skin cancer is essential. After having one skin cancer, statistics show that you have a higher chance of developing a second skin cancer. You should have your skin checked by your referring dermatologist at least once a year for four years not only to examine the treated skin cancer, but also to check for new skin cancers.

Protect yourself: The best protection from skin cancer is to avoid the harmful ultraviolet rays of the sun. Even if you tan easily, the sun can contribute to skin cancer in two ways. First, the sunlight damages the genes that control cell growth; second, sunlight suppresses the body's immune system so that early cancers grow unchecked by the normal immune defense. You can minimize exposure by:

Using any sunscreen with a sun protection factor (SPF) of at least 30 and preferably with UVA/UVB protection when you spend any time in the sun. The most effective sunscreens have special stabilizers. These include Neutrogena with Helioplex, and those with Mexoryl.

Avoid sun exposure during mid-day hours (10 a.m. to 4 p.m.)

Do not stay outdoors unprotected on cloudy days since the ultraviolet light penetrates easily through the clouds.

If you follow this advice it may not be necessary to restrict your outdoor activities or change your lifestyle.

Again, thank you for allowing us to participate in your care. If you have any questions about your procedure, please feel free to call our office:
Kettering: 937-433-7536
Mason: 513-701-5526



Mohs Micrographic Surgery

E. Brent Kirkland, M.D.
ACMS & ACGME
Fellowship Trained Mohs
Surgeon

Patient First

5300 Far Hills Ave
Dayton Ohio 45429
937 433-7536

6110 Radio Way
Mason Ohio 45404
513 701-5526

Information Regarding Your Upcoming Surgery

We are pleased that you have chosen us for your surgical care. Our goal is to provide you with the quality care and expertise that you deserve. We take great pride in our staff's training and professional capabilities. Please feel free to ask any questions you may have regarding your medical care, fees, insurance, or other office policies. We strive to answer all questions to your satisfaction. It is essential that our patients are well informed, relaxed, happy, and above all, confident. This packet gives information on your upcoming procedure. For more information regarding the Mohs procedure, please visit the American College of Mohs Surgery patient education website, where you can find comprehensive and accurate information on the procedure:

www.skincancermohssurgery.org

Mohs Micrographic Surgery

Mohs micrographic surgery is the most effective treatment for most types of skin cancer. The procedure is performed in an outpatient setting and under local anesthesia. After the site has been numbed, the visible tumor is removed along with a thin layer of surrounding tissue. The tissue is processed in our lab while you wait in the office. The slides of your tissue are then examined under the microscope, allowing us to evaluate the entire margin around your skin cancer to ensure that it has been removed. If there is still evidence of skin cancer, another layer of tissue is taken only from the area where the cancer is detected. These steps are repeated until the tissue samples are free of cancer. This tech-

nique minimizes the loss of healthy tissue and allows for examination of the entire surgical margin to ensure complete skin cancer removal. Once the tumor has been removed, options for repair or wound healing will be discussed for the best functional and cosmetic outcome.

Your Provider

E. Brent Kirkland, M.D. graduated summa cum laude from The University of Dayton in Dayton, Ohio. He then received his medical degree from Case Western Reserve University School of Medicine in Cleveland, Ohio. While at Case Western, Dr. Kirkland trained at University Hospitals, Metro-Health Hospital, and the world-renown Cleveland Clinic. He graduated at the top of his class and was inducted into the prestigious Alpha Omega Alpha honor society, which is the highest academic honor in medical school.

Following his internship, Dr. Kirkland completed his residency training at one of the country's premier dermatology residency programs — Stanford University in Palo Alto, California. While at Stanford, Dr. Kirkland worked with leading experts in skin disease and cutaneous oncology. He also served as Chief Resident during his time at Stanford.

After his residency, Dr. Kirkland completed fellowship training in Mohs Micrographic Surgery, Cutaneous Oncology, and Facial Plastic and Reconstructive Surgery at the nation's most competitive fellowship program in Pittsburgh, Pennsylvania. His fellowship was directed by both John Zitelli, M.D. and David Brodland, M.D. Dr. Brodland and Dr. Zitelli are widely considered to be the nation's best Mohs surgeons. This Procedural Dermatology fellowship is certified by both the American College of Mohs Surgery (ACMS) and the American Medical Association's Accreditation Council for Graduate Medical Education (ACGME).

As an ACMS and ACGME Fellowship Trained Mohs Surgeon, Dr. Kirkland provides the highest quality care in treating skin cancers of all types. He performed over 2500 surgeries in his fellowship alone. Dr. Kirkland has authored numerous scientific articles on cutaneous oncology, laser surgery, and cosmetic dermatology and has been a speaker/presenter at national meetings.

Dr. Kirkland is Board Certified in Dermatology and is a Fellow of the American Academy of Dermatology. He also remains an active member of the American Society for Dermatologic Surgery.

Preparing for Surgery

Please plan to arrive about 10-15 minutes before your scheduled appointment to complete all information. Also, please plan to be in the facility the entire day and inform your driver/companion of this as well.

The morning of surgery: Please bathe/shower and wash your hair. This will minimize the risk of surgical site infection.

Medical history: Upon arrival at our office you will be asked to complete a medical history form and provide a current insurance card. It is necessary that you bring a list of all medications, illnesses, and a copy of your Advance Directives if you have one. Please notify our staff if you have any of the following: artificial heart valve, pacemaker, artificial joint (within the last 2 years).

Medications: Continue all medications prescribed
