If you are considering surgery , it is important to always remember that it is surgery. You will have an important role to play in ensuring you have the best surgical experience, with great results and the lowest risk of complications possible.We take patient education seriously and work hard to ensure people fully understand the procedures they are considering.

This page contains a basic description of pre-operative instructions for people considering skin surgery or non-surgical procedures.It is intended to help people better understand the procedure so they can make informed decisions, not to replace the pre-operative instructions you received during your pre-surgical appointment with Dr. Colin McTari or other team members. If you are a current patient, you can consult the instructions you were given or call us at our clinics and discuss them with our Surgical, cosmetics nurses. If you are considering surgery and have additional questions about the procedure, we invite you to schedule a consultation at our offices with Dr.McTari.

One Month before elective Surgery/Procedure​:

Quit smoking–nicotine reduces blood flow to the skin and can cause significant complications during healing. You will have to refrain from smoking for at least 4 weeks after surgery. It's not a bad idea to consider quitting permanently at this point, because smoking can decrease the lifetime of your surgery results.If you need support or assistance with this , it would be a good idea to discuss this with your GP or Dr. McTari at your earliest convenience.

Arrange for someone to drive you to and from our facility on the day of your procedure and remain with you for at least 24 hours after. Remember, people are busy, so the sooner you get this lined up, the better. You CANNOT leave the facility on your own and you CANNOT be left alone during the first 24 hours, unless discussed with the doctor earlier on.

Two Weeks before Surgery​:

NO ASPIRIN, IBUPROFEN, ALLEVE (naproxen), or other NSAIDs –They interfere with normal

blood clotting. For pain relief, you can take Paracetamol or generic acetaminophen.

Please DISCONTINUE ALL HERBAL MEDICATIONS and DIET PILLS–They can complicate your surgical procedure or increase risks.

Your normal multivitamin is fine, but discontinue "MEGADOSES" of VITAMIN E.Fish Oil, Glucosamine.

If you are on blood thinners for a medical reason , you need to discuss this with Dr. McTari and get special consideration for taking this. We would arrange this treatment plan in coordination with your specialist physician.

The Week of Surgery:

Fill your pre-operative shopping list, including picking up your prescriptions, germ-inhibiting soap. Put together a tasty and nutritious assortment of soft foods to encourage eating that supports healing after surgery.

This is a good time to prepare your recovery space. You should have a wedge pillow or enough pillows to hold your torso upright during recovery. Get a few good books and some movies you want to watch. You won't be confined to bed, but the more you enjoy your rest, the more you'll do it and the better your recovery for large skin cancer surgical procedures.

It's not a bad idea to move needed items down from high shelves.

If your skin tolerates, start using the germ-inhibiting soap a full week before surgery.

REPORT any signs of cold, infection, boils, or pustules.

DO NOT take any cough, cold, or other over-the-counter medications without permission.

The Day of Surgery

DO NOT drink any alcohol or coffee the morning of surgery. If you sneak anything, you can increase your risk of surgical complications.

Your doctor will tell you whether you should take any regular medications the day of the procedure.

TAKE a shower the night before and the morning of your surgery. Shave or trim the surgical site if it is hair bearing , Scrub thoroughly with your germ-inhibiting soap or anti bacterial body wash . Shampoo your hair the morning of surgery.

DO NOT use makeup, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant on your skin, hair, or face.

Wear comfortable loose-fitting clothes: We recommend a button-up top and pull-on pants with easy-to-slip-on flats. Don't wear a shirt or other clothing that has to be pulled over your head.

Give us the name and contact information for your driver. It's also nice to introduce them when they drop you off. If you will not be recovering at home, make sure we have the number where you can be reached. We like to check up and make sure you're doing well.

And then you're ready for surgery.

If you have more questions about the surgery or procedures, please contact us to schedule a consultation in one of our clinics.

Kind Regards

Dr. McTari’s team Brisbane, Australia