

Z&B

Zitelli & Brodland Skin Cancer Center

ACMS American College
of Mohs Surgery
*Fellowship trained skin cancer
and reconstructive surgeons*



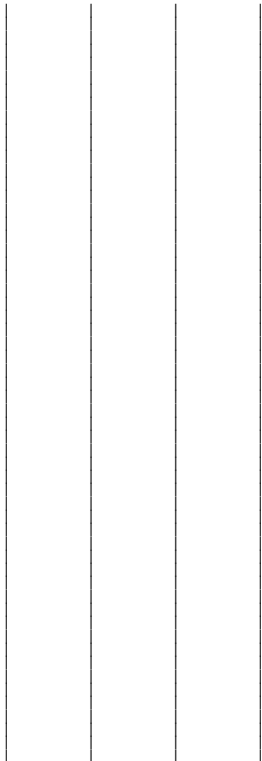
QUALDERM PARTNERS™

A SKIN & AESTHETICS WELLNESS FAMILY

ZITELLI & BRODLAND

Shadyside Medical Building
5200 Centre Avenue, Suite 303
Pittsburgh, PA 15232

Jefferson Medical Office Building
575 Coal Valley Road, Suite 360
Clairton, PA 15025



This pamphlet contains important information!

Please read immediately to be prepared for surgery

Appointment:

Mon Tues Wed Thurs Fri

Date: _____ Time: _____ AM

Date: _____ Time: _____ AM

Office: **Shadyside Facility** (pg 11)
Shadyside Medical Building
5200 Centre Ave, Suite 303
Pittsburgh, PA 15232
Phone: (412) 681-9400

Jefferson Facility (pg 13)
Jefferson Medical Office Bldg
(adjacent to Jefferson hospital)
575 Coal Valley Rd, Ste 360
Clairton, PA 15025
Phone: (412) 466-9400

Doctor: David G. Brodland, M.D.
 Geoffrey Lim, M.D.
 Joy Kunishige, M.D.
 Tyler Willenbrink, M.D.
 Michelle Brodland, PA-C

Canceling an Appointment:

If you must change an appointment, please call us as soon as possible. This courtesy allows us to schedule another patient for medical care. Please do not fail to show for an appointment. **Failure to keep an appointment or canceling within 24 hours may result in a cancellation fee.**

Patient Bill Of Rights

A patient has the right to respectful care given by competent personnel.

A patient has the right, upon request, to be given the name of his/her attending practitioner, names of all other practitioners directly participating in his/her care, and names & functions of other health care persons having direct contact with the patient.

A patient has the right to consideration of privacy concerning his/her own medical care program. Case discussion, consultation, examination, and treatment are considered confidential and shall be conducted discreetly.

A patient has the right to have records pertaining to his/her medical care treated as confidential except as otherwise provided by law or third party contractual arrangements.

A patient has the right to know what ASF rules and regulation apply to his/her conduct as a patient.

The patient has the right to expect emergency procedures to be implemented without unnecessary delay.

Patients have the right to good, quality care, & high professional standards which are continually maintained & reviewed.

The patient has the right to full information in layman's terms, concerning diagnosis, treatment, and prognosis, including information about alternatives treatments and possible complications. When it is not medically advisable to give the information to the patient, it will be given on his/her behalf to the responsible person.

Except for emergencies, the practitioner shall obtain the necessary informed consent prior to the start of the procedure.

A patient or, if the patient is unable to sign informed consent, a responsible person, has the right to be advised when a practitioner is considering the patient as a part of a medical care research program or donor program, and the patient, or responsible person, shall give informed consent prior to actual participation in the program. A patient, or responsible person, may refuse to continue in a program to which he/she has previously given informed consent.

A patient has the right to refuse drugs or procedures, to the extent permitted by statute, and a practitioner shall inform the patient of the medical consequences of the patient's refusal of drugs or procedures.

A patient has the right to medical and nursing services without discrimination based upon age, race, color, religion, sex, national origin, handicap, disability, or source of payment.

The patient who does not speak English shall have access, where possible, to an interpreter.

The ASF shall provide the patient, or the patient designee, upon request, access to the information contained in his/her medical records, unless access is specifically restricted by the attending practitioner for medical reasons.

The patient has the right to expect good management techniques to be implemented within the ASF. These techniques shall make effective use of the time of the patient and avoid the personal discomfort of the patient.

If an emergency occurs & a patient is transferred to another facility, the responsible person shall be notified prior to transfer.

A patient has the right to examine & receive a detailed explanation of his bill.

A patient has the right to expect that the ASF will provide information for continuing health care requirements following discharge & means for meeting them.

A patient has the right to be informed of his rights at the time of admission.

For emergency notification or to report complaints contact:

**Director, Division of Acute and Ambulatory Care State Health Department
State Office Bldg, Rm# 403, 300 Liberty Ave, Pittsburgh, PA 15222**

**412-565-5176 or 877-PA Health /
<http://www.medicare.gov/Ombudsman/activities.asp>**

Information about physician ownership of the ASF is available upon request.

Will the surgery leave a scar?

Yes, any form of treatment will leave a scar. However, because Mohs surgery removes as little normal tissue as possible, scarring is minimized. Immediately after the cancer is removed, we may choose:

- (1) to leave the wound to heal itself
 - (2) to repair the wound with stitches
 - (3) to close the wound with a skin graft or flap
- This decision is based on the safest method that will provide the best cosmetic result.

Will I have pain after surgery?

Most patients do not complain of pain. If there is any discomfort, Tylenol is all that is usually necessary for relief. We do ask that you plan on taking it easy for 24-48 hours.

IMPORTANT REMINDERS

- **DO** take your prescription medication on schedule however, please discontinue any **self prescribed** blood thinners like aspirin, etc 10 days prior to your appointment.
- **DO NOT** take any Erectile Dysfunction medication 72 hours prior to your surgery appointment.
- **DO** bathe & wash your hair prior to surgery to minimize the risk of infection.
- **DO** eat a normal breakfast, unless instructed otherwise.
- **DO** dress comfortably and bring a sweater our office tends to be cold.
- **DO** plan on being in our office most of the day.
- **DO NOT** make any other commitments on the day of your surgery.
- **DO NOT** consume any alcohol 48 hrs prior to your surgery.

IMPORTANT NOTICES

Financial Interest Disclosure:

John A. Zitelli, M.D. and David G. Brodland, M.D. have a financial interest in the Zitelli & Brodland Ambulatory Center Central facility & Ambulatory Surgical Center South facility.

Advance Directives

Advance Directives do not apply during the time of the procedure at our Surgical Facility. All life saving measures will be taken during your procedure at our Surgical Facility even if you have a fully executed Advance Directive to the contrary. If you do have Advance Directives at the time of your admission to our Surgical Facility, and **provide us a copy**, your Advance Directives will be placed on your record. In the unlikely event that an emergency arises, and you would need to be transferred to a hospital for further care, your Advance Directives will be sent with your chart to the receiving hospital.

Zitelli & Brodland operating as a licensed ASF in the commonwealth of PA, cannot in good conscience comply with any written decision established in & Advanced Directive (Living Will) that would prevent the physicians/PA-C/ and/or nursing staff from performing resuscitative measure in the event of a medical emergency. All patients will have resuscitative measures performed in the event of a medical emergency and will be transferred to the nearest hospital facility in the event of deterioration. A copy of the patients Advanced Directives (Living Will if available; will accompany the patient upon transfer. This good conscience objection is permitted by Pennsylvania Code, Title 20, Chapter 54, section 5424.

Welcome to our facility

We are pleased that you have chosen our facility for your surgical care. Our goal is to provide you with the quality care and expertise that you expect and deserve.

Established in 1987, Zitelli & Brodland is a practice which is nationally recognized as a leader and innovator in skin cancer excision and wound reconstruction. We are proud to function as a Mohs surgery training center and to be accredited by the American Council for Graduate Medical Education (ACGME). Our Surgical Centers are certified by Medicare, the Pennsylvania Department of Health, and are accredited by the Accreditation Association for Ambulatory Health Care. These certifications help advance us in our continued quest for excellence in surgical care provided in a compassionate and friendly manner. The rigorous standards of our various accrediting agencies compliment our ongoing efforts for excellence in all aspects of skin cancer treatment.

This brochure has been developed not to replace our personal communication, but to complement it. It will acquaint you with our practice and give you a better understanding of how our facility works. 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 are concerned about you and want to answer all questions to your satisfaction.

We are always happy to listen to any suggestions regarding our office procedures that will improve the care you receive. It is essential that our patients are well informed, relaxed, happy and above all, confident. For more information about our doctors or skin cancer, please feel free to visit our web site:

www.mohs.md

Our Physicians



David G. Brodland, M.D.

A native of Canton, SD, received his medical degree at Southern Illinois University School of Medicine graduating with honors.

Dr. Brodland received his resident training in Internal Medicine and Dermatology at the Mayo Clinic in Rochester, MN.

In 1990 he completed his Mohs College approved fellowship training in Mohs Surgery under the direction of Dr. John Zitelli here in Pittsburgh. Prior to joining Dr. Zitelli in 1997, Dr. Brodland was on Faculty at the Mayo Clinic in Rochester, MN where he was Associate Professor of Dermatology, Chairman of Education, Director of Residency Program, and Co-director of Dermatologic Surgery and The Mayo Cutaneous Laser Center for seven years. He continues his involvement in resident education as an assistant Professor at the University of Pittsburgh with teaching appointments in Dermatology, Plastic Surgery and Otolaryngology.

Dr. Brodland has authored over 60 articles and chapters. He has performed over 10,000 laser and cosmetic procedures and more than 60,000 Mohs procedures. He is active in many local, state and national dermatology organizations and holds leadership positions in several dermatology organizations nationally. He has served as president of the American College of Mohs Surgery. Dr. Brodland has received many honors including The Skin Cancer Foundation Fellowship Award, Appointment as Mayo Foundation Scholar, and the Teacher of the Year Award at the Mayo Clinic.

Dr. Brodland has been honored by the medical community with election to Pittsburgh Magazine's "Top Doctors" for the past 15 years.

What happens the day of surgery? Your appointment will be scheduled early in the day. Our staff will escort you into a surgical suite where we will numb the area around the skin cancer. Once it is numb the visible cancer and a thin layer of tissue will be removed. This tissue is carefully mapped by the surgeon and taken to our laboratory where the technician will immediately process the microscope slides. You will have a temporary bandage placed over the wound and you will be free to return to the reception area.

The surgical procedure alone takes 10-15 minutes. However, it takes a minimum of 1.5-2 hours to prepare and microscopically examine the tissues of each layer. Several surgical stages and microscopic examinations may be required, and you can either wait in the patient reception area, lobby, or cafeteria (if available) between stages. If you step outside our waiting room, please have your cell phone on so we can reach you quickly. Although, there is no way to tell before surgery how many stages will be necessary, most skin cancers are removed in three stages or less.

We would like to make the time you spend with us as pleasant and comfortable as possible. You may want to bring reading material, a digital music player with earbuds or a laptop to occupy your time while waiting for the microscope slides to be processed and examined. You may want to bring a sweater, as the temperature in our office varies. Your visit may or may not extend through the lunch hour. You may want to bring food/beverage with you, or you may be able to visit our cafeteria, based on location availability.

The most difficult part of the procedure is waiting for the results from the laboratory. Since we do not know in advance how much time is necessary to remove the skin cancer and repair the wound, **we ask that you plan to be in the office the entire day and that you make no other commitments. Please be sure to inform your companion/driver of this as well.**

What complications may occur?

Complications after Mohs surgery are rare, but may include a chance of bleeding or infection. For any complications or questions following surgery, please review the written instruction sheet we will provide to you the day of surgery.

Will I be hospitalized?

No, Mohs surgery is performed in an out-patient surgical suite and you may return home the same day. Hospital facilities are available if necessary.

Frequently asked questions

What is Mohs Surgery?

A highly specialized treatment for the total removal of skin cancer, it is named in honor of Frederic Mohs, MD who developed the technique. Mohs Surgery eliminates the guesswork used with all other methods of treating skin cancer. Other methods rely on a pathologist to sample the tissue removed by the surgeon & determine if the cancer was removed. However, this method samples less than 1% of the margins, and the surgeon must take wide margins of normal skin to minimize the chance of leaving cancer cells behind. Mohs surgery differs by examining 100% of the edges of the tissue which gives the Mohs surgeon the ability to go back & remove all the cancer cells. This allows the Mohs surgeon to remove only the cancer cells and leave the normal skin untouched.

What are the advantages of Mohs surgery and what are my chances for cure?

By using detailed mapping techniques and complete microscopic control, the Mohs surgeon can pinpoint areas involved with cancer that are otherwise invisible to the naked eye. Therefore, even the smallest microscopic roots of cancer can be removed. The result is: (1) the removal of as little normal skin as possible, and (2) the highest possibility for curing the cancer. Using Mohs surgery, the percentage of cure is more than 99% for most skin cancers, even when other forms of treatment have failed. Other methods of treatment offer only a 50% chance of success if previous treatments have failed. Other common treatments for skin cancer (including destroying tissue by scraping, burning or liquid nitrogen; routine surgery; radiation; and chemical creams) offer lower cure rates and often result in larger wounds.

When will I be able to return to work?

Most patients are able to return to work the day after surgery. Although we ask that you plan to take it easy for 24-48 hours.

What if I have more than one skin cancer?

Usually, we treat only one skin cancer per visit. Each treatment site requires time and special attention. Most insurance companies limit reimbursement to a single skin cancer per day.



Geoffrey F.S. Lim, M.D.

A native of Erie, Pennsylvania, Geoffrey F.S. Lim, MD, FAAD, FACMS is fellowship-trained in Mohs micrographic surgery and facial plastic reconstruction. He is also double board-certified in both Mohs Micrographic Surgery and Dermatology. Dr. Lim graduated summa cum laude in biochemistry at Allegheny College, where he was inducted into the Phi Beta Kappa honor society. He was awarded an international scholarship to conduct research at the Genome Institute of Singapore. He earned his medical degree from Drexel University College of Medicine in Philadelphia, where he was recognized for highest achievement in dermatology. He completed his internship in the department of internal medicine at Mount Sinai Beth Israel Medical Center in New York City, recognized by his peers with the 'Intern of the Year Award' for excellence in patient care. Dr. Lim completed residency in Dermatology at the University of Pittsburgh Medical Center, where he served as the Chief Resident. He earned the "John McSorley, M.D. Award" for attaining excellence in the field of dermatology as demonstrated through superior achievement in patient care and research. He later completed his fellowship in Mohs micrographic surgery and facial plastic reconstruction under the direction of two of the field's preeminent surgeons and educators: Dr. John A. Zitelli, who himself was trained by Dr. Frederic E. Mohs, the founder of Mohs surgery, and Dr. David G. Brodland.

Following his training, Dr. Lim and his family moved to Colorado. There, he served as the director of Mohs micrographic surgery at Optum in Colorado Springs as well as co-founded a private medical, surgical, and cosmetic dermatology practice, SkinMed Institute, with his wife, Dr. Mona Sadeghpour, in Lone Tree, CO. He served as principal educator in dermatology and dermatologic surgery for resident physicians and medical students in Colorado and the mountain west. Dr. Lim has published numerous scientific articles in leading peer-reviewed journals, as well as authored book chapters and presented at national academic meetings. He presently serves on committees within the American College of Mohs Surgery, American Society for Dermatologic Surgery, and American Academy of Dermatology, in addition to volunteering his time advocating for patient safety.

Joy Kunishige, M.D.



Graduated Phi Beta Kappa from the Univ of FL, where she completed medical school. She served as Chief Resident during dermatology residency at M.D. Anderson Cancer Center & the Univ of Texas. She completed her fellowship in Mohs Surgery, Cutaneous Oncology, & Facial Plastic & Reconstructive Surgery, under the direction of Drs. Zitelli & Brodland. This training is officially approved by the American College of Mohs Surgery & the Accreditation Council of Graduate Medical Education. She serves as Associate Director of our fellowship training program & is Assistant Professor at the Dept of Plastic Surgery at the Univ of Pittsburgh. In addition to articles on melanoma, cutaneous lymphoma, and board review, she is the author of New Beauty Magazine's book: Beautiful Skin Revealed. Dr. Kunishige is a board-certified dermatologist and active member of the American Academy of Dermatology, American College of Mohs Surgery, American Society of Derm Surgery, and The Women's Dermatologic Society.

PLEASE NOTE:

- **Medical Assistance:** We are **NOT** participating with medical assistance programs. These include, but are not limited to: Gateway, MedPlus, UPMC for You, and Unison. In situations where this may be your secondary insurance, you are responsible for any balance due that is not covered by your primary insurance carrier.
- **Medicare:** Medicare patients are responsible for paying their annual deductible each year and are responsible for the 20% allowable charges not paid by Medicare thereafter. If you have secondary coverage, we will also bill this insurance for you. If after 60 days, the secondary insurance carrier does not cover this portion of the bill, our office will bill you directly.

If prior authorization or referral is required, please contact your insurance company or your primary care physician at least one week prior to your appointment.

Procedure code 17311

If you have difficulties understanding or paying our bill, we encourage you to discuss your problem with our billing office staff at 800-968-0418.



Tyler Willenbrink, M.D.

Is a native of Cincinnati, OH. He graduated *summa cum laude* from the University of South Carolina Honors College and was inducted into Phi Beta Kappa Honor Society. He was salutatorian of his class at the University of South Carolina School of Medicine and was inducted into the Alpha Omega Alpha Honor Medical Center in Spartanburg, South Carolina. He completed his dermatology residency at the University of Texas at Austin, where he served as chief resident. Dr. Willenbrink serves on the American Academy of Dermatology's Appropriate Use Criteria committee. He has authored academic manuscripts on non-melanoma skin cancer, cutaneous field cancerization, and skin cancer in immunosuppressed patients. He has presented his research at regional, national, and international meetings.

Patient/Insurance Billing

Please be sure to bring your insurance cards with you to each visit. We will need to keep the most current copies of insurance cards in your records.

It is your responsibility to know if our physicians and our outpatient facility participate with your insurance and to know if you will be responsible for any out of pocket expense such as deductible and co-insurance. You can check your insurance coverage by calling the phone number on the back of your insurance card to check participation status.

Our billing will include the doctors professional fees.

If there is any question about our participation with your insurance, please contact our office with your insurance information. We help you with the insurance verification.

BILLING PROCEDURES:

- We will bill your insurance carrier for you.
- Your Specialist Office Copay will be asked for on your appointment date.
- Insurance will inform us of your responsibility which would be for services not covered by insurance. This includes deductibles, co-pays, & co-insurance amounts, occasionally office visits and cosmetic procedures.
- We accept cash, check or credit cards.
- After 60 days, if insurance has not processed the claim, it will become your responsibility.

Our Physician Assistant



Michelle Brodland PA-C

Graduated from the Master of Physician Assistant Studies Program at Chatham University, Pittsburgh, PA in August, 2008. Before beginning her education as a PA, she received a Bachelor of Science degree in Biology Pre-Med at Quinnipiac University, Hamden, CT in 2005. Ms. Brodland has prior experience in dermatology at Yale University working as a dermatology office assistant from 2004-2005 and as a clinical assistant for Drs. Zitelli & Brodland from 2001-2003. Physician assistants have been practicing with dermatologists for more than 30 years, providing a wide variety of services, including diagnosis, prescribing medication in most states, ordering and interpreting lab tests, wound suturing, and medical or surgical treatment of a wide variety of clinical pathology. Ms. Brodland's areas of expertise include diagnostic dermatology as well as procedural and surgical dermatology. This includes extensive experience in the sub-specialty of Mohs and reconstructive surgery and laser surgery. Ms. Brodland is a member of the Pennsylvania Society of Physician Assistants and The American Academy of Physician Assistants.



Davis Diamond, MD

Davis Diamond, MD, is a native of Atlanta. He attended the University of Alabama for his undergraduate studies, where he played collegiate lacrosse. He then attended the University of South Alabama for medical school, where he graduated as valedictorian. Dr. Diamond served as Chief Resident during his residency training at the Medical College of Georgia in Augusta, GA. He has served in leadership roles as the resident representative to the Georgia Society of Dermatology and Dermatologic Surgery, as well as positions within the American Academy of Dermatology. He has been invited to present his original research in the field of dermatology at many national meetings, and published articles in several peer-reviewed journals.

Dr. Diamond is currently completing his fellowship in Mohs Micrographic Surgery and Facial Plastic Reconstruction at the Zitelli & Brodland Skin Cancer Center. Outside of work, he enjoys spending his time with his wife, one year old son and two dogs, as well as watching NFL football and going to the gym.



Shayan Cheraghlou, MD

Dr. Cheraghlou is a dermatologist whose work has been cited over 900 times in the academic literature and has been cited in multiple national and international treatment guidelines. He is a regular speaker at local

and national dermatology meetings. Serving on the American Academy of Dermatology's Clinical Guidelines Committee, Dr. Cheraghlou plays an important role in shaping the future of dermatologic care through the development of expert-backed clinical guidelines.

After graduating from the University of Pennsylvania summa cum laude, Dr. Cheraghlou attended the Yale School of Medicine, where he was honored with the Miriam Kathleen Dasey graduation award for strength of character, integrity, and academic achievement. He then went on to dermatology residency training at the NYU Grossman School of Medicine.

From Route 28: Take the I-579 South exit towards Liberty Bridge; merge onto 579 South. Take the exit on the left towards Liberty Bridge. Go across the Liberty Bridge and through the Liberty Tunnel staying in the right lane. At the end of the tunnel take the 2nd **R** to RT 51 South. Follow RT 51 S approx. 10 miles. You will go about 1 mile past Century III Mall and make a **L** at the light onto Coal Valley Rd. Follow 1/2 mile to stop sign and turn **R**. Then follow signs for parking to the left.

From South: Take RT 51 N about 5 miles north of Regis Malady (Elizabeth) Bridge, turn **R** onto Coal Valley Rd. Go 1/2 mile to stop sign and turn **R**. Then follow signs for parking to the left.

From Southwest: For communities that can use the new PA-Turnpike-43. Head N on PA Turnpike-43. Take exit 54 towards PA 51/Pgh/Elizabeth, follow down to light and turn **R** onto PA-51 North/Clairton Blvd. Turn **R** onto Coal Valley Rd. Go 1/2 mile to stop sign and turn **R**. Then follow signs for parking to the left.

Parking at Jefferson

Follow signs to Medical office Building parking. Lot A is the closest to our office, there are spaces designated "Ambulatory Surgery Parking" you may park in these spots if available and no other closer spots are open. If Lot A is full use Lot B or valet parking is available for approx.\$5.00 starting at 7:00 am. We are located on the Main Floor, Ste 360 to the left behind the information desk. You pay with cash or credit card at a pay-station located in the lobby before returning to your car or with cash only at the booth as you exit. There is no parking validation. The full day rate is approximately \$2.00.

Public Transportation

South Hills Medical Bldg is accessible via public transportation. Call Pittsburgh Regional Transit at 412-442-2000 for more information. The American Cancer Society provides free transportation for Cancer patients. They require a 48 hour notice. Please call 1-800-227-2345 for more information.

Accommodations for Jefferson

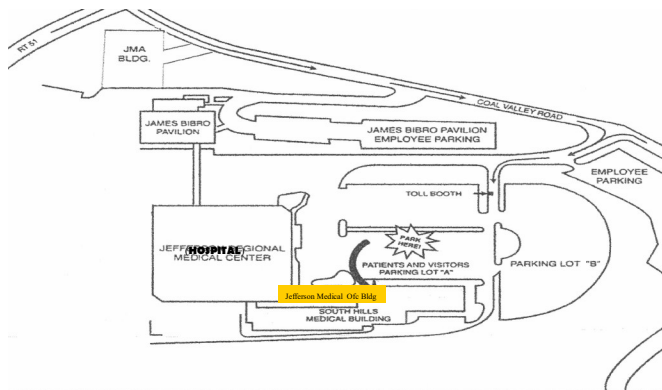
Wyngate Hotel West Mifflin 412-653-6600, **Hampton Inn** 412-650-1000, **Marriott Spring Hill Suites** 412-653-9800 (*no discounts available*), **Holiday Inn Express** 412-469-1900, and **EconoLodge** 412-384-5811. Some hotels offer a discount for medical stays, mention that you are being treated at Jefferson Regional Medical Centre.

Jefferson Facility Information

(adjacent to Jefferson Hospital)

Jefferson Medical Ofc Bldg Phone: 412-466-9400
575 Coal Valley Rd Ste 360 Fax: 412-460-0322
Clairton, PA 15025 Billing: 800-968-0418

- **Free wireless internet access is available**
- **Wound care products are available for purchase**
- **Seating is limited**
- **Please plan to be in the office the entire day and inform your driver or companion of this as well**
- **Doors open M/T 7:30 am W/TH/F 7:00 am**



Directions to Jefferson

From East: Take I-376 (Parkway). Take the Blvd of the Allies exit. At fork take **L** lane to Liberty Bridge & through the Liberty Tunnels staying in the right lane. At the end of the tunnel take 2nd **R** to RT 51 S. Follow RT 51 S approx 10 miles. You will go about 1 mile past Century III Mall & make **L** onto Coal Valley Rd. Follow 1/2 mile to stop sign & turn **R**. Then follow signs for parking to the left.

From West: Take I-279 N to RT 51 S. Follow approx. 13 miles. Go about 1 mile past Century III Mall & make a **L** onto Coal Valley Rd. Follow 1/2 mile to stop sign and turn **R**. Then follow signs for parking to the left.

From North: Take I-79 S to I-279 S. Follow 279 S to 579, to the Veteran's Bridge. On Veteran's Bridge, take ramp towards Liberty Bridge. Go across the Bridge & through the Liberty Tunnel staying in the **R** lane. At the end of the tunnel take 2nd **R** to RT 51 S. Follow RT 51 S approx. 10 miles. Go about 1 mile past Century III Mall and make a **L** onto Coal Valley Rd. Follow 1/2 mile to stop sign and turn **R**. Then follow signs for parking to the left.

Our Teaching Program

Dr's Zitelli & Brodland are on the faculty at the University of Pittsburgh School of Medicine. That means we are involved in education & research, in addition to providing patient care. As part of our teaching, we help to train medical students and resident doctors in plastic surgery and Otolaryngology. One of our greatest sources of pride is our Accreditation Council for Graduate Medical Education (ACGME) approved Mohs Surgery Fellowship. Our training program is internationally famous and one of the most sought after post graduate training experiences in the nation. As such, we are fortunate to train some of the best and brightest physicians anywhere. The accomplished young men and women come from the most renowned educational institutions in the USA. As 'fellows', they serve as an integral part of the practice, acting as an extension of our surgeons who provide direct oversight and guidance. Occasionally they assist during surgery, but only under direct supervision of our staff physicians, and only with your consent.

Why choose our Facility?

- Our physicians are Board Certified in Dermatology and have undergone specialized training in Mohs Surgery.
- Our skin cancer services are provided in the Zitelli & Brodland Surgical Center, a setting which promotes the safest and highest quality care for our patients.
- High volume makes a difference in better outcomes - on average our physicians perform close to 7000 Mohs surgeries each year.
- Outcome measures - We constantly measure our facility's outcomes, including cure rates, infection rates and patient satisfaction. We do this to assure that we are maintaining the highest quality of care and to help identify areas for possible improvement.
- Our facility has no financial relationships with pharmaceutical companies or medical device manufacturers, eliminating a potential source of bias in decision making.

Preparing for Surgery

Upon Diagnosis: Please take a photo with your cell phone or personal camera so that the biopsy site can be identified at the time of your surgery.

The Morning of Surgery: Please bathe/shower and wash your hair. This will minimize the risk of a surgical site infection. Please avoid wearing makeup, perfume, nail polish, and jewelry of any kind.

Transportation: Since the doctor may give you a mild sedative, ***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 appt. Seating is limited and we ask that you have only 1-2 companions.*** Please refer to the public transportation section of our website for more info.

Medical History: Upon arrival at our office you will be asked to provide a current insurance card and photo ID, your primary care physician's name and address. It is necessary for you to bring a list of medications with dosage details, a list of allergies including reactions, illnesses and a ***copy*** (please do not bring the original) of your Advanced Directives if you have one. **Please plan to arrive about 10 minutes before your scheduled appointment. If you did not complete online paperwork, please be prepared to do so at check-in.**

Medications: **Continue medications prescribed by your doctor** including blood thinners like Coumadin/aspirin. DO NOT take any Erectile Dysfunction meds 72 hrs prior to your appt. If you are taking medicine or herbal supplements **without** your doctors orders, please discontinue 10 days prior to your surgery appt. **(including Aspirin, Anacin, Bufferin, Excedrin, Alka Seltzer, Percodan, Oral Vitamin E & Ginko Biloba, Fish Oil).** You may take Acetaminophen (Tylenol), Ibuprofen (Advil/Motrin) or Naproxen (Aleve) for pain. Alcohol will promote bleeding and **MUST** be avoided for 48 hours before surgery. ***If you require oxygen, be sure to bring a supply to last the entire day. We do not have additional oxygen supplies.***

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

Nursing Home Patients: These patients are required to bring a companion with them to help with their needs throughout the day. We are not

From North: From I-279, take the Veterans Bridge exit. Then take the 7th Ave exit towards 6th Ave. Keep merging **L** towards 6th Ave and continue onto Bigelow Blvd (380 East). At the 3rd light on Bigelow go straight onto Craig St. At the 2nd light go **L** onto Centre Ave. Continue on Centre Ave, make a **R** at the Cypress St light into the Medical Bldg drive, the garage will be on the right.

From Rte 28: Take the Highland Park Bridge Exit, cross the bridge & follow signs to Washington Blvd (RT 8). At the 1st intersection, turn **R** onto Washington Blvd (this will turn into Fifth Ave). Follow Fifth Ave to S Aiken Ave. Turn **R** on S Aiken Ave. Continue straight on S Aiken then turn **L** on Centre Ave. Continue to the traffic light at Cypress St and turn **L** into the Medical Building drive & the parking garage will then be on your right.

Parking at Shadyside

Connected to our office bldg, on Centre Ave, is a parking garage with direct access to our office. The clearance of our parking garage is 6'2". You will need to find metered parking if your vehicle is larger than this. After you park, take the elevators to the 1st floor, turn R & go through the double doors, take the next set of elevators to the 3rd floor. Bring your parking ticket with you into the building. You will need it to pay for parking at the pay-stations located by the elevators. We will provide you with a validation ticket, this will reduce your parking rate.

Public Transportation

Shadyside Medical Building is accessible via public transportation. The 71A Negley and 81B Lincoln stop in front of the building. Call Pittsburgh Regional Transit at 412-442-2000 for more information. The American Cancer Society provides free transportation for Cancer patients. They require a 48 hour notice. Please call 1-800-227-2345 for more info.

Accommodations in/near Shadyside

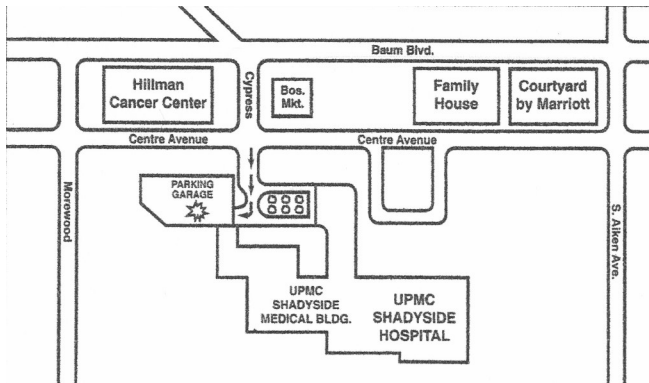
Family House 412-647-7777; **Hyatt House** 412-621-9900; **Wyndhm Pittsburgh** 412-682-6200; **Hampton Inn** 412-681-1000; Some hotels offer discounts for medical stays, inquire when making reservations.

Shadyside Facility Information

Shadyside Medical Bldg Phone: 412-681-9400
5200 Centre Ave, Ste 303 Fax: 412-681-5240
Pittsburgh, PA 15232 Billing: 800-968-0418

After Surgery

- **Free wireless internet access is available**
- **Wound care products available for purchase**
- **Seating is limited**
- **Please plan to be in the facility the entire day & inform your driver or companion of this as well**
- **Doors open 7:00 am**



Directions to Shadyside

From East: From I-376 (Parkway) take the Churchill Exit. This will put you onto Penn Ave. Follow Penn Avenue approximately 5 miles. Make a **L** onto Centre Ave. Go approximately 0.9 miles and at the Cypress Street light make **L** into the Medical Building drive, the parking garage will be on the **R**.

From West: From I-279/376 through Fort Pitt tunnels bear **R** towards Monroeville. Take the Forbes Ave/Oakland exit. Continue on Forbes Ave for about 1.5 miles. Turn **L** onto Morewood. At the 4th light turn **R** onto Centre Ave. At the next light turn **R** into the Medical Building driveway, the parking garage will be on the right.

From South: Approaching the city via Liberty Bridge, follow signs to 579 North then to Bigelow Blvd (380 East). Proceed on Bigelow. At the 3rd light continue straight onto Craig Street. At the 2nd light make a **L** onto Centre Ave. Follow Centre to the Cypress Street intersection turn **R** into the Medical Building driveway and the parking garage will be on your right.

Wound Care: 48 hours of inactivity is recommended after Mohs Surgery. 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. Should wound care be necessary the bandage materials are available for purchase in our office.

Follow up appointments: Usually, one return visit is all that is needed to examine the healed surgical site or to remove your surgical dressings. Afterwards, you may return to your referring physician for routine check-ups. Statistically, after being diagnosed with one skin cancer you are more likely to develop additional skin cancers. A follow-up period of four years for the treated skin cancer is essential. Yearly skin checks by your referring dermatologist are essential 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 damages the body's immune system so that early cancers go unchecked by normal immune defense. Minimize exposure by:

1. Using any sunscreen with a sun protection factor (SPF) of at least 50 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 Mexoral.
2. Avoid sun exposure during mid-day hours (10 a.m. to 4 p.m.).
3. Do not stay outdoors unprotected on cloudy days since the ultraviolet light penetrates easily through the clouds.
4. Wear UV protective clothing.

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