

Ada West **DERMATOLOGY** **Mohs Micrographic Surgery Center**



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

AS | DS
American Society for
Dermatologic Surgery



**This pamphlet contains important
information regarding your upcoming
Mohs micrographic skin surgery**

Appointment

Appointment 1:

Date: _____ Time: _____

Appointment 2:

Date: _____ Time: _____

Office: **Daniel Winchester, MD**
Ada West Dermatology
1618 S. Millennium Way Ste 200
Meridian, ID 83642

Ryan Thorpe, MD
Ada West Dermatology
4574 N. Ten Mile Road Ste 120
Meridian, ID 83646

Peter Boothman, MD
Ada West Dermatology
3100 E. Barber Valley Drive
Boise, ID 83716

Amount due at check-in \$ _____

Canceling an Appointment

If you must change an appointment, please contact us as soon as possible. This courtesy allows us to schedule another patient in that appointment. **Failure to keep an appointment or cancelling within 48 hours may result in a cancellation fee.**

Contact information

Main line: 208-884-3376

Fax: 208-884-0858

Website: www.adawestdermatology.com

About Mohs surgery

What is Mohs micrographic surgery?

First developed in 1938 by Frederic Mohs, MD, Mohs micrographic surgery has been refined in the decades since to become the most advanced, precise, and effective treatment for skin cancer. Mohs surgeons are trained in all aspects of skin cancer surgery, including the removal of skin cancer, pathology interpretation, and cosmetic reconstruction. Mohs surgery involves surgically removing the tumor and a small amount of normal appearing tissue. The tissue is processed and then examined under a microscope so that the entire surgical margin is evaluated. If cancer is detected, another layer of tissue is taken, and the process is repeated until healthy, cancer-free tissue is reached. This technique provides a high cure rate (98-99% for most tumor types) while preserving as much healthy tissue as possible. Mohs surgery is done with local anesthesia, which eliminates the risks of general anesthesia and allows patients who may be poor surgical candidates to safely have their skin cancer surgically removed.

Mohs surgery is the preferred clinically indicated treatment for:

- Any tumor on the scalp, forehead, cheeks, ears, nose, lips, neck, hands, feet, and lower legs
- Cosmetically and/or functionally important areas
- Recurrent or aggressive skin cancers
- Large or rapidly growing tumors
- Aggressive histological subtypes
- Unusual or aggressive tumors
- Lesions arising in sites of previous radiation therapy
- Immunocompromised patients
- Any tumor with indistinct borders



- Before / After Gallery
- Surgeon Interviews
- Patient Interviews

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 surgery.

The morning of surgery. Please bathe/shower and wash your hair. This will minimize the risk of surgical site infection. Please avoid wearing make-up if the procedure is on the face.

Transportation. A driver is strongly encouraged to transport and accompany you at your appointment. If you desire, you may have up to two companions accompany you.

Medical history. Upon arrival at our office, you will be asked to complete a medical history form and provide a current insurance card, photo ID, and your primary care physician's name and address. Bring a list of medications with dose details, a list of allergies with reactions noted, other medical problems, and a copy of your Advance Directives (if you have one). **Please arrive 10 minutes before your scheduled appointment.**

Medications. Continue medications prescribed by your doctor, **including blood thinners.** You may take Acetaminophen (Tylenol), Ibuprofen (Advil/Motrin), or Naproxen (Aleve) for pain. Alcohol will promote bleeding, so avoid alcohol 48 hours before and after surgery. **If you require oxygen, be sure to bring a supply to last the entire day.**

Care facility patients. These patients are encouraged to bring a companion with them to help with their specific needs throughout the day.

Important reminders

- Do take your prescription medications.
- Do bathe and 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 or blanket because our rooms tend to be cold.
- Do bring snacks, lunch, and water.
- 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 hours prior to your surgery.

What will happen 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 numbed, the 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 while you wait. It can take up to 1 or 2 hours to prepare and microscopically examine the tissues of each layer. Your surgeon will also serve as the pathologist. Several surgical stages and microscopic examinations may be required, and you may be asked to wait in the patient waiting room between stages. 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. After the skin cancer is cleared, your Mohs surgeon will then repair the excision defect for optimal cosmetic results.

We would like to make the time you spend with us as pleasant and comfortable as possible. You may bring reading material, a digital music player with ear buds, or a laptop to occupy your time. We encourage you to bring snacks or a lunch in the event your visit extends through the lunch hour. You are not able to leave the building, so please bring everything you need with you.

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.**

After surgery

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.

Follow up appointments. Usually one return visit is all that is needed to examine the healed surgical site, remove stitches, and/or to remove your surgical dressing. Afterwards, you may return to your referring physician for routine check-ups. A follow-up period of four years for the treated skin cancer is essential. After having a 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 every 6 months for non-melanoma skin cancers and every 3 months for melanoma skin cancers. This will allow your dermatologist to check previously treated skin cancers and check for new cancers in an effort to catch them while they are small.

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, and second, sunlight damages the body's immune system so that early cancers grow unchecked by immune defense.

- Use any sunscreen with a sun protection factor (SPF) of at least 30 with UVA/UVB protection.
- Avoid sun exposure during the hours of 10 a.m. to 4 p.m.
- Do not stay outdoors unprotected on cloudy days as UV light penetrates easily through the clouds.

FAQs

Will surgery leave a scar?

Yes. Any form of surgical treatment will leave a scar; however, as Mohs surgery removes as little normal tissue as possible, scarring is minimized. After the cancer is removed, we may decide to leave the wound to heal itself, repair with stitches, or close it with a skin graft or flap. The 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 significant pain. If there is any discomfort, Tylenol and/or Ibuprofen are all that is usually necessary for relief.

What complications may occur?

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

Will I be hospitalized?

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

When will I be able to return to work?

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

Patient/Insurance Billing

Please be sure to bring your current insurance card(s) with you to each visit. We will need copies in your records.

Like all medical practices, it is your responsibility to know if our surgeons participate with your insurance and to know if you will be responsible for any out of pocket expenses such as deductible and co-insurance. You can call the phone number on the back of your insurance card to check participation status.

If prior authorization or referral is required, please contact your insurance company or primary care physician at least one week prior to your appointment. Let them know that you are having Mohs surgery and possible reconstruction with procedure code 17311.

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

Lastly, if you have difficulties understanding or paying your surgical bill, we encourage you to discuss with our billing office staff.

Billing office: 208-884-3376



Dr. Daniel Winchester

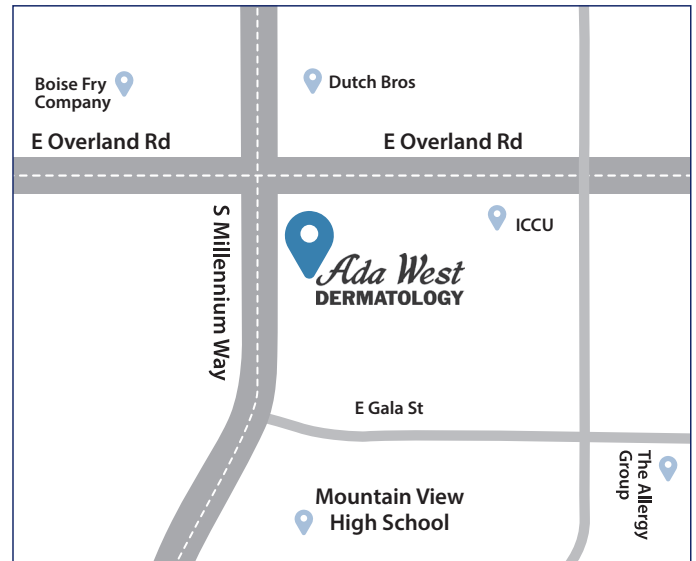
A native of Ucon, Idaho, he grew up farming and visiting his grandparents on their small farm in Nampa. He graduated Cum Laude from Brigham Young University and was selected to speak at graduation. At BYU he was awarded the Edwin Hinckley Scholarship as the top student from the Life Sciences Department and served as the Executive Director of the BYU Student Association. He then attended the University of Utah School of Medicine where he received the Presidential Scholarship. There he graduated as one of the top of his class as a member of the Alpha Omega Alpha Honor Medical Society.

After twenty-five invitations to interview for residency, Dr. Winchester was selected to train at the world renowned Mayo Clinic. There he completed both his dermatology residency and *Mohs Micrographic Surgery, Dermatologic Oncology, and Facial Reconstructive Surgery Fellowship*. As a fellowship-trained micrographic and reconstructive surgeon he was required to perform over a thousand cases under the direct supervision of world experts at the Mayo Clinic. This fellowship is accredited by the American College of Mohs Surgery and the AMA's Council of Graduate Medical Education.

Dr. Winchester has published numerous research articles, including some of the largest studies to date on rare skin cancers and their outcomes. He has presented them around the globe. He was also selected as the American Academy of Dermatology liaison to Brazil. He continues to investigate areas of interest such as aggressive skin cancers and reconstructive surgery.

Dr. Winchester has served on committees and leadership roles for the American College of Mohs Surgery and the American Academy of Dermatology.

He lives in Boise with his wife and three children. He is an avid reader and is fluent in Spanish and Portuguese.



Daniel Winchester, MD

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Dr. Ryan Thorpe

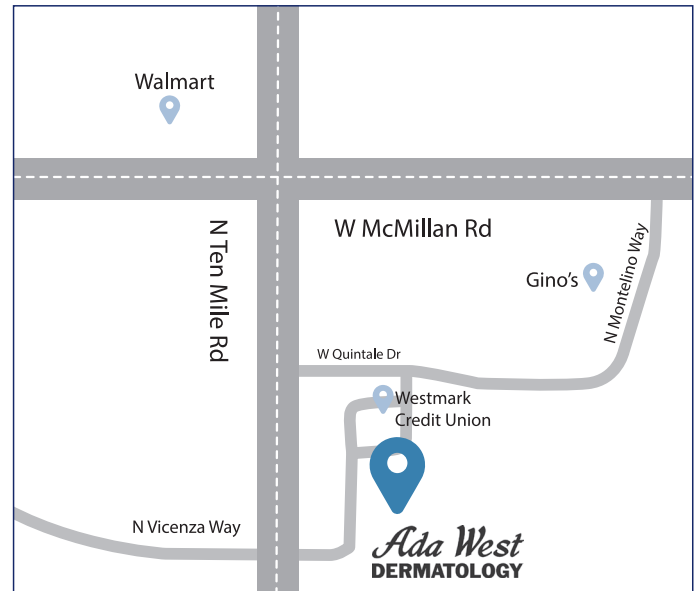
A native of the Dallas/Ft. Worth area and an Eagle Scout, he graduated Magna Cum Laude from Brigham Young University with a degree in Accounting during which he won the National Deloitte Tax Competition and was a recipient of the prestigious Gordon B. Hinckley Presidential Scholarship. He subsequently graduated from the University of Texas Southwestern Medical School at the top of his class with a 4.00 GPA, served as President of the Alpha Omega Alpha honor society, and was honored with the President's Volunteer Service Award. He then completed dermatology residency at Duke University where he served as chief resident.

Following residency, Dr. Thorpe trained under the direction of world renowned Mohs surgeons Drs. John Zitelli and David Brodland in the *Mohs Surgery, Cutaneous Oncology, and Facial Plastic and Reconstructive Surgery Fellowship*. This unique training is officially approved by the American College of Mohs Surgery and the AMA's Accreditation Council of Graduate Medical Education, making him one of the few fellowship-trained Mohs surgeons in the Treasure Valley, along with Dr. Winchester and Dr. Boothman. Dr. Thorpe has authored several scientific articles in peer-reviewed journals regarding cutaneous oncology and complex facial reconstruction, as well as several

chapters in dermatology textbooks. He has presented in national, regional, and local academic meetings, including being awarded the 1st place resident presentation at the North Carolina Dermatology Association.

In conjunction with Castle Biosciences, he was the lead investigator developing a melanoma nomogram utilizing gene expression profiling with other clinicopathologic risk factors to better predict the clinical course of melanoma patients. This project led to presenting at the annual ASDS meeting and at the "Managing Melanoma" general session during the annual American Academy of Dermatology meeting, and a publication in the prestigious Journal of the American Academy of Dermatology publication.

He lives in Meridian with his wife and five children and enjoys family, food, sports, outdoors, and church.



Ryan Thorpe, MD

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Dr. Peter Boothman

Dr. Boothman is a board-certified dermatologist and one of the nation's few dual fellowship-trained Mohs and reconstructive cosmetic surgeons. A native of eastern Washington, he grew up between the wheat fields of the Palouse and the orchards of the Yakima Valley.

He attended Washington State University, where he graduated Magna Cum Laude and Phi Beta Kappa with a degree in Zoology. He then earned his medical doctorate from the University of Washington School of Medicine, subsequently completing his transitional-year internship at Providence Sacred Heart Medical Center in Spokane, Washington.

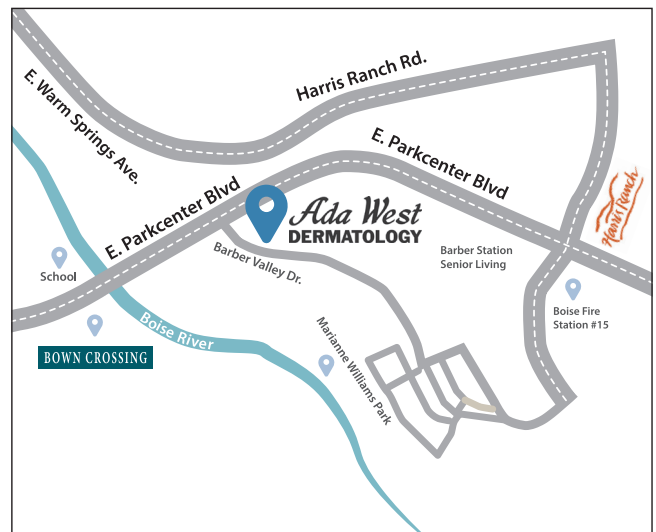
Dr. Boothman then moved to the South, completing his advanced clinical trials research fellowship and Dermatology Residency at the University of Alabama Birmingham, where he received world-class training in general dermatology, dermatologic surgery, and cosmetics.

He then completed his Mohs Micrographic Surgery and Dermatologic Oncology Fellowship at Surgical Dermatology Group under the direction of Dr. Christopher Harmon, one of the nation's most complex and highest-volume surgical programs. This

unique training is officially approved by the American College of Mohs Surgery and the Accreditation Council of Graduate Medical Education.

Subsequently, he went on to complete the cutting-edge ASDS-approved Cosmetic Dermatologic Surgery fellowship under the instruction of Dr. Cameron Chesnut and Clinic 5C in Spokane, Washington. During this fellowship, he was comprehensively trained in the art of advanced facial plastic and cosmetic surgery, neurotoxins, injectable fillers, fat transfer, lasers, radiofrequency devices, hair restoration and transplantation, ultrasound-guided filler dissolution, and regenerative cosmetic techniques. Dr. Boothman enjoys both the medical and cosmetic aspects of procedural dermatology and is excited to bring his unique skill set to serve the medical and cosmetic needs of the people of Idaho.

Dr. Boothman is an outdoor enthusiast, history buff, and trivia master, with a special interest in aviation and space. He most enjoys spending time with his wife and four children.



Peter Boothman, MD

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