



Mohs After Care and Wound Instructions

_____ you have **ABSORBABLE SUTURES** that will dissolve on their own over the next 5-7 days. This may result in redness and mild itching at the site that will resolve over time.

_____ you have **TEMPORARY NON-DISSOLVING SUTURES** that will need to be left in place for:

_____ 5-7 days

_____ 7-10 days

_____ 10-14 days

****If your surgical site begins to bleed or ooze, please hold pressure for 20 minutes **WITHOUT** lifting to check the site. If it continues to bleed, continue to hold pressure and call us at: 804-326-4448. If it is after 5:00 pm, press the urgent button and it will go directly to Dr. Gillen.*

*** Take Tylenol for pain. **NOT** Ibuprofen, Advil, Aleve, or other NSAIDs.*

- Please leave the pressure bandage on for 48 hours.
- Remove the bandage and gently clean with 50:50 hydrogen peroxide and water.
- Apply liberal amount of Vaseline (Not Neosporin) to the suture line.
- Reapply a regular bandage- you do not need to recreate the pressure bandage.
- Repeat above daily for 7 days. After 7 days continue to apply a liberal amount of Vaseline at least twice daily for 2 weeks.

Overall Guidelines

- Limit activities to allow healing. It is best to elevate the area above the heart as much as possible to decrease swelling. You may resume exercise in 2 weeks or after suture removal.
- You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. Do **NOT** drive while taking prescription pain medication.

Frequently Asked Questions

- **What if I bleed?** Hold firm pressure for 20 minutes, no peeking. If it continues to bleed call the office.
- **What does an infection look like?** Redness, pain, unpleasant odor or discharge coming from surgical site.
- **Should I let the wound “air out”?** NO- keep an adequate amount of Vaseline on surgical site/suture line.
- **Is it necessary to perform wound care?** YES-anytime you cut the skin you will have a scar, but if you keep up with your wound care and apply an adequate amount of Vaseline on the suture line it will GREATLY reduce the visibility of your scar over time.
- **What if my bandage falls off?** Apply Vaseline and cover it with a new bandage.
- **When should I call the office?** If you have severe bleeding through the pressure bandage or if you suspect you have an infection with your surgical site.