Post-operative Instructions

Following Mohs Surgery, you can expect:
• Bruising on or around surgical site.
• Moderate swelling
• Mild to moderate pain

For surgery on the scalp, forehead, temple, eye or nose - bruising and swelling around the eyes is normal and usually lasts for several days. For surgery on the arm, hand, leg and foot - swelling of the hands & feet is normal. Keeping the area elevated and using an arm sling or wrapping with an ace wrap will help to control swelling. Use of a cold pack is recommended - see directions below under “activity.”

Call the number at the top of this sheet if you experience any:
• Constant fever above 101 F
• Intense pain near surgical site
• Increased swelling, redness or uncontrolled bleeding
• Reopening of the wound at any time
• Yellowish drainage from the wound

NOTE: If bleeding from the site occurs, apply firm, direct pressure on top of the bandage for 20 minutes. Do not release pressure to look at bleeding status during this time. If bleeding continues after 20 minutes, apply pressure again for 20 additional minutes. If the bleeding persists, continue the pressure & call our office for further instructions. If bleeding stops, you may add additional gauze over the bandage or change the saturated top pressure dressing, securing bandage in place with tape.

PAIN CONTROL:
• Take one Tramadol, one Tylenol, and one Aleve OR Advil before the pain starts and again 3 times per day.

ACTIVITY:
• Elevate surgical site (head, neck, arm, leg) on 2 pillows when lying or sitting.
• Do not bend over, reach or stretch, or lift greater than 10 lbs.
• **NO aerobic exercise** for at least 14 days; brisk walking, gardening, golfing, etc. This type of activity can put your sutures under stress, interfere with healing, and cause bleeding.

• **Use an ice pack** over the bandaged site for 20 minutes out of every hour while you’re awake for the first 2 days

• **Avoid Alcohol,** even beer, for one week following your procedure. Alcohol will cause bleeding.

**SURGERY SITE CARE** - Keep the office bandage on & dry for 2 days. Remove it on:

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• The easiest way to remove the bandage is to let shower water get it wet and loosen the tape. If you have small, white steri-strips across your incision, do not force them off. They will work loose as you perform wound care. Once the bandage is off, gently wash the wound with warm, soapy water.

  **1 Tablespoon White Vinegar in 1 cup Warm Water OR ¼ Cup Peroxide, undiluted**

• After removing the bandage do either a vinegar or peroxide “soak.” To do a soak, use either dilute white vinegar or undiluted hydrogen peroxide and soak a piece of gauze. Gently lay the wet gauze on top of the incision. Do not pour the vinegar or peroxide directly on the incision. Do not let the vinegar or peroxide get into your eyes. Leave the wet gauze on the incision for 5 minutes. Do not scrub.

• After soaking, apply the prescription antibiotic ointment or Polysporin to the incision with a Q-tip and cover with a small non-stick bandage, such as Telfa. Avoid placing tape or adhesive directly over incision. Do not let the area dry out or form a scab, as it can slow healing and create scarring.

• Perform site care twice per day until it has healed, usually 2 wks, or until you come for suture removal.

• 4 weeks after surgery, when your wound is well healed, you may apply Scar Recovery or BioCorneum gel.

**Wound Care Instructions**

You will need the following items for your dressing changes:

1. **Telfa** or non-adherent dressing pads
2. Micropore paper tape, Hypafix adhesive tape, or Band-aids
3. Topical ointment such as prescription Mupirocin, prescription Gentamicin, Vaseline petrolatum, Aquaphor, or Polysporin. Use a NEW tube or jar. Old jars and tubes may have bacteria that could contaminate your surgery site and cause infection. Apply with a q-tip not fingers.
4. **Do not** use Neosporin because it can cause an allergic reaction if used for too long.
5. 4x4 gauze pads for cleaning
6. Other materials: ________________________________

Remember to: take your medication as prescribed & return for your follow-up visit or suture removal

Date: ________________________________
Time: ________________________________