



MOHS/EXCISION POST-SURGERY INSTRUCTIONS

Activity

Do not lift anything over 20lbs and avoid strenuous activities, such as jogging or aerobics until 2 weeks after surgery. Walking is encouraged, but not at a fast pace to where your heart rate increases. This could cause incisional bleeding.

Pain and discomfort

You may take Acetaminophen (Tylenol) for discomfort unless your physician has prescribed pain medication. If this does not relieve your pain, please contact our office. 479-750-2080

What to expect post op

Mild discomfort, swelling and bruising are common after surgery, usually decreased with use of ice packs the first 24-48hrs.

Some minor oozing, peeling or crusting at surgical site is normal for the first few days.

At times the area surrounding the wound will be numb, this may persist weeks to months but usually recovers during that time frame.

In most instances you will return to our office in 1 week for suture/staple removal and post op check and again in 1 month to ensure your healing properly.

For wound care with stitches, staples or left open to heal

1. Leave bandage(if placed) on for 24hrs after surgery
2. Avoid heavy lifting, exercise, bending, or straining. Sleeping with your head elevated may help
3. Ice packs can help relieve post-op pain and swelling, using a covering like a washcloth over pack, sleeping with your head elevated may help
4. A small amount of bloody drainage is not normal for the first few days
5. Cleaning the wound with water and soap or using hydrogen peroxide gently using Q-tips
6. Apply a layer of Antibiotic ointment (Bacitracin), Vaseline or polysporin twice per day after steri-strips are removed
7. After ster-strips are removed, continue daily gentle cleaning until suture removal or area heals or scabs over

8. Wounds tend to heal better when kept clean and covered with ointment

Bleeding

1. Do not take Aspirin or blood thinners unless directed by physician
2. Some oozing from the surgical site is normal for a few days after surgery. If it bleed enough that it soaks through the outside of your bandage, follow these guidelines:
3. Apply firm pressure with gauze held over the wound for 15-20 min, if bleeding continues apply pressure another 20 mins
4. If bleeding stops, wait a couple hours, gently replace the old bandage with a clean dressing
5. If bleeding continues despite 40 min of firm pressure, immediately call our office

Ongoing wound care and scar maintenance

1. Use a moisturizing ointment such as Vitamin E lotion or Mederma twice per day for 6 weeks after surgery
2. Starting 2 weeks AFTER SURGERY, begin massaging the scar twice daily for 10-15 min using moisturizing lotion rubbed in circular motions
3. If minor dermabrasion is going to be used to help with scarring, this is typically performed 6-8 weeks after surgery

CALL THE OFFICE IF ANY OF THE FOLLOWING OCCURS 479-750-2080

- Wound develops green/yellow drainage
- Surrounding area becomes red and swollen
- Red streaks are seen around the wound
- Fever develops after procedure