



POST-OP INSTRUCTIONS – MOHS SURGERY

Dear Patient:

The importance of postoperative care to your surgical site cannot be overstressed. The care you take of yourself and your surgical wound is extremely important to the success of your procedure, as well as your recovery and well-being.

Please try your hardest to follow the Do's and Don'ts covered in the attached document. All of them are important. For example, by resting and avoiding strenuous activities, you will not raise your blood pressure which will decrease your chances of bleeding. By avoiding smoking you will allow for a healthy blood supply, which brings with it all the necessary nutrients to reach the healing wound. By protecting your wound, you help avoid any setbacks that would force you to undergo follow-up procedures.

Following these instructions will allow you to take an active role in the healing process. So as soon as you can – today – please familiarize yourself with what you should be doing. Please do not hesitate to call our office if you have any questions or concerns.

Respectfully yours,
Priya S. Thakker, MD and Staff

Suture Removal:

Follow Up:

After surgery, go home and limit your activities. Do not use this time as an opportunity to do all the errands, cleaning, or laundry in the house. No exertion, lifting heavy objects, bending at the waist, straining, etc.

- Do not drink any alcohol or take any supplements with vitamin E, ginkgo, ginseng, or garlic for two days. Also avoid any medications like Aspirin or Motrin for this time period unless prescribed by a doctor. If you stopped Aspirin prior to surgery, you may restart it as directed by your primary care doctor.
- If you require medication to control pain, you may take Extra-Strength Tylenol. Please follow the instructions on the label.
- Avoid smoking cigarettes, or cut down to at least half the normal amount you smoke for at least one week after your surgery. Smoking delays and can compromise wound healing.
- After 48 hours, you may remove the pressure bandage we applied. The sutured area may be gently cleaned with soap and water. You may use hydrogen peroxide, only if crusted blood has formed.
- Apply a coating of Vaseline, Aquaphor, or mupirocin ointment (if prescribed) over the stitches, and then cover with a clean bandage. Repeat this daily.
- Do not let the wound dry and “air out” to form a scab. This will result in a more painful healing process, with a more noticeable scar.
- You may bathe after you remove the pressure bandage. Be careful to not let the shower water directly hit the stitches, but rather have the soap and water gently run over it.
- **NORMAL** wound healing allows for a few drops of blood, and clear yellowish drainage from the wound as it heals. It is also normal for the wound edges to be red and slightly itchy as your skin heals. It should not be very painful.
- **ABNORMAL** wound healing would be excess bleeding that soaks through the pressure bandage. A thick, yellow/green mucous drainage with bright red skin around (and extending well beyond) the wound edges. This, accompanied by severe pain, may be a sign of infection. Please notify us immediately if you believe you have these symptoms.
- If **BLEEDING** occurs: apply firm, direct pressure directly to the wound for at least 20 minutes (without peeking). Keep the pressure constant, do not let up. If bleeding continues, reapply pressure for another 20 minutes. If you continue to bleed, please notify us immediately.
- **SWELLING** occurs as the body's natural reaction to injury.
- **FACIAL WOUNDS:** sleep with your head elevated for the first 2 nights. Do not sleep on the same side of the body as the wound. It is normal to have bruising or discoloration around the surgery site and sometimes it can also develop further from the surgical site. For example, it is normal to have bruising under the eyes after surgery on the forehead. Do not be alarmed, it will eventually fade and return to normal. If the bruising continues or worsens, please notify us.
- **LEG WOUNDS:** Avoid bending the affected leg and walking on it for the first 3-4 days except to eat and go to the bathroom. As often as possible – keep your leg elevated above the level of your heart (mid chest). Wearing compression stockings or using an ACE bandage can help the wound heal faster. The ACE bandage should be wrapped from the toes up from above the wound site, and feel “snug like a hug.” If you feel coolness in your toes, numbness/tingling, or pain – loosen the wrap. The compression stockings should be low-grade compression stockings (or 8-15mmHg) and should NOT be worn by some patients with peripheral arterial disease. Ask us if these options are appropriate for you.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE AT (732) 739-3223.