

DERMATOLOGY

— & Skin Health —

MOHS SURGERY: POST-OPERATIVE WOUND CARE INSTRUCTIONS

1. Keep initial dressing dry and do not remove for 24 hours after your surgery. You may shower after the initial 24 hours.
2. Apply ice every 2 hours for 20 minutes at a time for the rest of the day until you go to bed, to help minimize swelling and bruising (we prefer you to use a bag of frozen peas or corn).
3. Elevating your surgical site helps minimize swelling. Therefore, if your surgical site is from your waist up, sleep with 2-3 pillows, and on your unaffected side for the first few nights. If your surgical site is on your extremities it is useful to elevate these on pillows while you sleep as well.
4. If bleeding occurs, apply firm continuous pressure over bandage for 20-30 minutes without removing the bandage, or looking to see if it has stopped.
5. Depending upon the location and nature of your surgery, there may be activity restrictions, which will be specified to your case. No bending, lifting, or strenuous exercises until sutures are removed unless otherwise directed.
6. No Aspirin, Aspirin containing products, or Motrin (Ibuprofen) until stitches or staples are removed. Take Tylenol (Acetaminophen) or Extra Strength Tylenol for pain. If, for a medical reason, your Aspirin was not discontinued prior to surgery, please continue your regularly prescribed dosage.
7. 24 hours after your surgery, change the dressing once a day, everyday, using the following steps:
 - a. Wash hands before and after each dressing change.
 - b. Remove the old bandage. It may be easier to remove the initial dressing if you get it wet in the shower first.
 - c. Wash area gently with sterile gauze or a q-tip using ½ strength hydrogen peroxide (mix ½ water and ½ peroxide) to remove any crusting along suture line/wound. If you have steri-strips, clean over strips as previously instructed without removing them. Leave them in

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place for up to 10 days, at which time they may be removed if they have not fallen off on their own.

- d. Dab dry with sterile gauze or q-tip.
 - e. Apply Aquaphor ointment (or plain Vaseline) to keep wound moist for better healing until your follow-up appointment.
 - f. Cover with dry, sterile gauze and/or Band-Aid.
 - g. It is not necessary to cover the wound if you will be staying indoors as long as ointment has been applied. A dressing must be applied when you are outdoors or when you go to bed.
 - h. If your sutures are the dissolvable type, stop the hydrogen peroxide after 10 days, but continue applying Aquaphor until your post-op visit.
8. No alcohol for 48 hours after surgery.
9. If your wound becomes red, warm, painful, begins to drain, or if you develop a fever of 101 degrees or greater, please contact us.
10. Your post-operative visit is scheduled for _____.

Should you have any questions or concerns, please call us at: 603-742-5556.

PLEASE NOTE THE FOLLOWING:

- The first post-operative visit will be with a member of the surgical staff (not necessarily the provider who operated on you), and will be to check only the surgical area. Please be advised that this is not a routine office visit.