MOHS SURGERY POST-OPERATIVE INSTRUCTIONS

WOUND CARE
Keep the bandage dry until 24 hours after surgery. Thereafter, change the bandage once a day until sutures are removed. You may soak the bandage to help it peel off. Gently clean the wound with water and then gently pat the wound dry. Gently apply a thick layer of Vaseline to the wound, or Mupirocin if it has been prescribed to you. Cover the wound with a Band-Aid® or non-stick gauze (e.g. Telfa®), and paper tape. Repeat this process daily until sutures are removed.

We do not recommend using over-the-counter antibiotic ointment given the high chance of developing allergic reactions in covered surgical wounds. Do not apply alcohol, hydrogen peroxide, or soap directly to the wound.

BLEEDING
It is fairly common for the incision to ooze or bleed, especially in the first several hours after surgery. This can be controlled by removing the bandage we applied and then applying constant, direct pressure to the bleeding site with a clean bandage or paper towel for 20 minutes (without peeking). If the bleeding continues, repeat the above procedure for an additional 20 minutes. If the incision continues to bleed after this time, call the office at 239-561-3376.

DISCOMFORT
If you have discomfort following surgery, take two Extra Strength Tylenol® (total of 1,000 mg) every 6 hours OR a prescription pain medication if one has been prescribed to you. If this is not sufficient to control the pain, please call the office. AVOID medications that contain aspirin, ibuprofen, or naproxyn (e.g. Alleve®, Excedrin®, Bufferin®), as these products increase the risk of bleeding.

SWELLING
Local swelling is common after surgery. Apply an ice pack over the dressing – on for 20 minutes and off for 1 hour. Repeat until bedtime. You may continue this, if necessary, as long as the swelling persists. This will help with swelling, pain, and bleeding.

ACTIVITY
Please refrain from any strenuous physical activity until your sutures have been removed. This includes lifting weights, going to the gym, or doing any type of stretching in the area the surgery was done. Any of these activities could cause your sutures to break and open your wound.

ALCOHOL
Avoid drinking alcohol for 48 hours following surgery, as alcohol increases the risk of bleeding.

SMOKING
To promote better healing and reduce the chance of complications, it is STRONGLY RECOMMENDED THAT YOU REFRAIN FROM SMOKING until the sutures are removed.

SHOWERING
Unless instructed otherwise, you may resume showering 24 hours after surgery.

SUTURE REMOVAL
When wounds are sutured, there are generally two layers of stitches placed. There are invisible stitches under the skin and visible ones above the skin. Stitches above the skin are removed in 1-2 weeks as instructed. Stitches under the skin absorb on their own in 8 weeks to 6 months depending on the type of material used. Occasionally, one of the stitches under the skin may work itself through the skin before being absorbed. If this occurs, call the office so we can remove this “spitting” deep suture.

FOLLOW-UP
It is imperative that you have routine follow-up with your dermatologist for skin checks. This should be arranged through your dermatologist’s office.

If you have any questions or concerns regarding your surgery, please call the office at 239-561-3376.
SKIN GRAFT POST-OPERATIVE INSTRUCTIONS

GRRAFT CARE
Your skin graft has been bandaged with a WHITE gauze pressure dressing intended to stay on until sutures are removed. If the bandage does not stay on for the entire time, then follow these instructions:

There will be a bright YELLOW bandage sewn in place on top of the grafted area. PLEASE DO NOT REMOVE THIS YELLOW BANDAGE. Gently clean the area around the yellow bandage with Q-Tips that have been moistened with water, and then dry the area with a dry Q-Tip. Gently apply Vaseline around the bandage with a clean Q-Tip. Cover the wound area with a Band-Aid or non-stick Telfa pad, gauze, and paper tape.

DONOR SITE CARE
For the area where the graft was taken from (not the area where the graft was placed), the bandage can be changed daily starting the day after surgery. Remove the previous bandage, clean the area with water, and apply Vaseline and either a Band-Aid or non-stick gauze (e.g. Telfa).

Do not apply over-the-counter antibiotic ointments, alcohol, hydrogen peroxide or soap directly to this wound.

BLEEDING
It is fairly common for the wound to ooze or bleed, especially in the first several hours after surgery. This can be controlled by removing the bandage we applied and then applying constant, direct pressure to the bleeding site with a clean bandage or paper towel for 20 minutes (without peeking). If the bleeding continues, repeat the above procedure for an additional 20 minutes. If the incision continues to bleed after this time, call the office at 239-561-3376.

DISCOMFORT
If you have discomfort following surgery, take two Extra Strength Tylenol® (total of 1,000 mg) every 6 hours OR a prescription pain medication if one has been prescribed to you. If this is not sufficient to control the pain, please call the office. AVOID medications that contain aspirin, ibuprofen, or naproxyn (e.g. Alleve®, Excedrin®, Bufferin®), as these products increase the risk of bleeding.

SWELLING
Local swelling is common after surgery. Apply an ice pack over the dressing – on for 20 minutes and off for 1 hour. Repeat until bedtime. You may continue this, if necessary, as long as the swelling persists. This will help with swelling, pain, and bleeding.

ACTIVITY
Please refrain from any strenuous physical activity until your sutures have been removed. This includes lifting weights, going to the gym, or doing any type of stretching in the area the surgery was done. Any of these activities could cause your sutures to break and open your wound.

SMOKING
To improve the chances of the graft successfully taking, SMOKING IS PROHIBITED until the sutures are removed.

ALCOHOL
Avoid drinking alcohol for 48 hours following surgery, as alcohol increases the risk of bleeding.

SHOWERING
You may shower starting 24 hours after surgery, but the pressure bandage that is covering the graft MUST REMAIN COMPLETELY DRY until sutures are removed.

SUTURE REMOVAL
The graft has been sutured in place with stitches above the skin. These are generally removed in 1-2 weeks as instructed.

FOLLOW-UP
It is imperative that you have routine follow-up with your dermatologist for skin checks. This should be arranged through your dermatologist’s office.

If you have any questions or concerns regarding your surgery, please call the office at 239-561-3376.