

## **PATIENT INSTRUCTIONS FOLLOWING MOHS SURGERY**

### **GENERAL WOUND CARE**

You will be going home with a bulky pressure dressing on. This can be removed the morning after surgery.

It is fairly common for the incision to begin oozing or bleeding, especially in the first few hours after surgery. This can effectively be controlled by applying direct pressure on the bleeding site with a clean bandage and keeping constant pressure on for 15 minutes by the clock. You should also expect to have a black and blue area around the wound from surgery. The worst of the swelling and bruising will take place within 48 hours.

If you have some discomfort following surgery, take two extra-strength Tylenol (or acetaminophen) every 4 to 6 hours, but do not take aspirin or aspirin containing products (such as Alka-Seltzer, Anacin, Ibuprofen, Excedrin, Advil, Bufferin, Empirin Compound and many “cold pills”).

Rest. Avoid strenuous exercise, bending, straining, stooping, or lifting any heavy objects for as long as you have stitches, usually 7 days. Sometimes these motions can start bleeding from the incision.

If you have had facial surgery, sleep with your head elevated on two pillows; it will help to decrease any swelling that might occur after surgery. If you have had surgery on your lower or upper lip, please eat soft foods for the first few days after surgery. Do not use a straw for 48 hours. Remove your dressing before meals – this will make eating and drinking easier for you. Ice can also be applied intermittently to the incision site. Clean the lip area and replace the dressing after eating.

### **BANDAGE CHANGING INFORMATION**

Full wound care instructions will be given to you the day of surgery to begin self-care at home. Remove the old bandage and gently clean the area with tap water using either a gauze pad or a Q-tip, then pat dry. You may shower daily and let the shower water **GENTLY** cleanse your wound. Gently apply Vaseline (i.e., petrolatum) ointment to the wound. A light coat is applied easily with a Q-tip. Cover the wound with a light gauze dressing and two pieces of paper tape. Avoid adhesive tape, which is likely to irritate the surrounding normal skin. It is important to keep your wound **covered**. Clean area once a day and apply a clean fresh dressing. Remove the bandage before, or during, showering in order to clean off the area.

You will return to our office for suture removal by the doctor or one of the nurses.

If you have dissolving stitches with surgical glue or steristrips, then remove steristrips in \_\_\_ days. If surgical glue has been applied as well, you may have some flaking, which is normal. It will resolve with time. Oozing beneath the steristrips is normal and will not affect the healing. Please leave steristrips in place.

**In about 4 weeks, some patients may develop a pimple along the stitches.** If this should occur, please call the office. Your wound is not infected, but rather a buried stitch has not been absorbed by your body.

**Should any unexpected circumstance require that you obtain more information or if you have any problems, such as unusual swelling, pain, bleeding, or drainage of the surgical site, you may reach Dr. Scott day or night by calling the office at (208) 433-1114 and when prompted for an extension, dial extension 206 and your call will be forwarded directly to Dr. Scott.**