



# Instructions Before and After

## Mohs Surgery with Sutures

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### Before Surgery

- We are pleased you have chosen Resolute Dermatology for your skin cancer surgery. We look forward to providing you with exceptional patient centered care and ensuring the surgical process goes smoothly. The following instructions are intended as a guide for your pre- and post-operative experience with our office. Please do not hesitate to reach out with any additional questions. Our team is here to help.
- You will be contacted by a member of Resolute Dermatology to schedule a date and time for your surgery. Please reserve an entire day for your visit. On average, patients will spend 4-5 hours with us. Some cases are more complex, though, and result in longer stays. The hardest part is often waiting for the results, so feel free to bring reading material or other busy work to pass the time.
- Depending on the surgery location, you may have some discomfort for the first 48-72 hrs. Over-the-counter pain medications, such as Ibuprofen, Advil®, and Aleve® are helpful for minimizing inflammation and pain post-surgery. Icing the surrounding surgical site is also useful for decreasing swelling and discomfort. It is important to avoid exerting yourself for the first 1-2 weeks after surgery. If you have plans that involve travel or are unable to avoid strenuous activities during this time frame we will recommend rescheduling the elective procedure for a more appropriate date.
- We do not routinely discontinue prescribed medications for Mohs surgery and you should take all your regular medications, unless instructed otherwise. Blood thinners, blood pressure medications, and cholesterol lowering medications may all be safely taken before your procedure. If you are taking Coumadin (warfarin) we do require a blood test (INR) within one week of your surgery to ensure your blood isn't too thin. If modifications to your dosage are needed we will coordinate the change with your prescribing physician and repeat INR testing before your visit. If a medication needs to be discontinued by a coordinating physician, then their office will notify you.
- We recommend you take a shower or bath and wash your hair prior to surgery. Depending on your medical history and the operative site, you may be unable to bathe for the first 24-48 hrs after surgery. You should also wear comfortable clothing, avoid make-up, and eat breakfast prior to your visit. You will be able to relax in our secondary waiting room between procedures and while awaiting your results. We request you remain in the office and not leave the building throughout your procedure.
- If you require oxygen supplementation, please notify us and ensure you bring an adequate amount to last the day.
- If you have an artificial heart valve, pacemaker/defibrillator, routinely take antibiotics prior to dental procedures, or have undergone an orthopedic joint replacement within the past two years, please notify our team in advance of your surgery. A pre-operative antibiotic prescription may be needed before surgery.

# After Surgery

## Supplies You Will Need:

- Non-stick dressing (Telfa®) Vaseline® or Aquaphor® Hypafix® or paper tape Q-tips®

*All of these products are readily available at your local neighborhood pharmacy*

- A pressure bandage will be applied to the surgical site on the day of your surgery. We recommend you leave it in place for the first 24-48 hours. It is important that the bandage not get wet during this time.
- Small amounts of post-operative bleeding/drainage are normal after surgery but if your bandage becomes saturated please contact our office.
- If bleeding does occur, you can hold direct pressure on gauze over the surgical site for 30 minutes without looking. If the bleeding persists the site may require further evaluation.
- After 24-48 hours you can gently remove your bandage. You should clean the site with a mild fragrance free hypoallergenic soap (such as Dove®) and water. Once the operative site is clean you should gently pat it dry and apply a thin layer of Vaseline® or Aquaphor® with a clean/new Q-tip®. Discard the Q-tip® after use. Non-stick gauze should then be cut to size and placed over the Vaseline®. Papertape or Hypafix® can then be used to secure the dressing.
- We recommend you repeat the process of cleaning and bandaging the site every 24 hours until you return for suture removal.
- The risk of infection with outpatient Mohs surgery is very low but, if you develop any signs of infection, please call our office immediately. Common signs of infection include a temperature greater than 100.4°F or 38°C, redness, swelling, pain, heat, and/or foul-smelling drainage.
- Over the counter pain medications and ice are usually sufficient for post-operative pain relief after outpatient surgery. If stronger pain medication is needed your doctor will discuss it with you after your surgery. Please minimize alcohol and nicotine use during the post-operative period to decrease risk of bleeding and improve healing.
- Swimming or soaking the operative site is **strongly discouraged** throughout the healing process.
- If non-absorbable top sutures were used then you will be instructed to return in 7-14 days to have them removed and additional post-operative wound checks will be scheduled as needed.
- While undergoing any medical or surgical procedure can be stressful, we hope our team is able to make your experience as pleasant as possible. Please don't hesitate to call us and ask any questions throughout the process. We look forward to working with you to achieve your healthy skin goals.