



(941) 925-3627 Phone, (866) 405-4932 Fax, www.DocsofSarasota.com

POST-OPERATIVE INSTRUCTIONS - MOHS/EXCISIONS

Wound Care- (Leave the bandage on for 48 hours)1-2 Times Each Day

1. Wash your hands with soap and water.
2. Rinse with water.
3. Blot dry the wound.
4. Apply thin layer of Polysporin (double Antibiotic) ointment OR Vaseline/Aquaphor with a Q-Tip.
5. Cover with clean dry dressing.

Healing - (Incisions may itch)

There will be a scar and redness in the scar after surgery. This will decrease as healing progresses but redness should be expected as long as six months. Sometimes scars can thicken and develop too much collagen.

**** While the sutures are in, avoid exercise and sports activities (i.e. Golf or tennis) that strain the surgical site and protect from sunlight.**

Things that could happen following surgery

1. **Bleeding:** Bleeding can occur following surgery. To reduce the possibility of bleeding:
 - a. Limit activities for at least 48 hours.
 - b. Keep the operative site elevated (if appropriate)
 - c. If surgery was on the face, head or neck:
 - i. Avoid stooping, straining or bending
 - ii. Sleep with your head and shoulders elevated on extra pillows

****Should bleeding occur, apply firm constant pressure on the bandage for 20 minutes!! That will usually stop minor bleeding. You can also place an icepack on the bandage for 20 minutes.**

2. **Swelling:** Swelling occurs because surgery has caused a wound and your body reacts to that injury. To reduce the amount of swelling that may occur:
 - a. Apply an ice bag for 20 minutes each hour during the waking hours. If you do not have an ice bag, a "baggy" filled with cracked ice and wrapped with a thin towel will do nicely.
 - b. Elevate.
 - c. Keep your bandage dry.
3. **Pain:** Pain, postoperatively, is generally slight. In nearly all cases, Extra Strength Tylenol will relieve any pain you may experience.
4. **Infection:** Infection seldom occurs when the wound care instructions have been carefully followed. Signs of infection are increased pain, swelling, streaky redness or yellowish drainage days after surgery. Call the office if this occurs: **941-925-3627**.
5. **Tape reactivity:** If the area is bubbly or itchy, change to paper tape and gauze.

Special Instructions:

1. Notify our office immediately for bleeding that will not stop or signs of infection occur.
2. **Skin Grafts/Pressure Bandages:** Leave bandage ALONE until seen back in the office.
3. If Steri-strips are applied, take bandage covering steri-strips off in 48 hrs, LEAVE steri-strips ALONE until they fall off. When strips fall off (could be a few days or can last 2-3 weeks) follow above instructions to apply polysporin ointment and bandage of choice.

Provided to patient by: _____

Date: ____/____/____