

## Post-operative Wound Instructions:

The wound care required after surgery is fairly simple but extremely important ensuring an excellent outcome and speedy recovery.

### Wound Care – Twice Daily

**\*\* Leave your initial bandage on 24 hours after surgery. If you are taking blood thinners, please leave your initial bandage on 48 hours after surgery. \*\***

1. Wash hands thoroughly with soap and water.
2. Apply hydrogen peroxide to suture line with Q-tip to remove any crusting from the wound.
3. Dry wound with clean gauze by blotting. DO NOT RUB.
4. Apply a thin layer of Vaseline or Aquaphor to the wound with a clean Q-tip.
5. Cover with a non-adherent Telfa pad and secure with tape.

**Limit activities** for at least 24 hours after surgery. We recommend that you avoid aerobic activity or heavy lifting more than 10 pounds for 1 week after surgery for the face and 2 weeks after surgery for the body. The body includes scalp and ear.

For **swelling**, apply ice packs for 20 minutes every 1-2 hours while awake for the first 24 hours after surgery. You may use an ice pack, crushed ice in a Ziploc bag or a pack of frozen peas or corn. Keep the bandages dry.

If surgery was on **face, head or neck** – avoid bending or stooping. Sleep with your head elevated on a few extra pillows.

If **bleeding** occurs, apply firm, constant pressure over the bandage for 20 minutes while looking at the clock. Do not peek to see if the bleeding has stopped until the 20 minutes are up. Do not remove the pressure bandage. You may secure it with additional tape. Minor bleeding will stop after 20 minutes of pressure.

**Pain**, is usually mild following Mohs surgery. Generally, Extra Strength Tylenol or Acetaminophen (available over-the-counter) will relieve pain.

If wound care is meticulous, **infection** is rare following surgery. Increased pain, redness, swelling and white-yellow drainage after surgery may be a sign of infection. If you suspect signs of infection, please call the office.

Healing takes time. Even in a week, the wound healing should progress nicely. However, it takes 6-8 weeks for redness and minor surface irregularities to improve. Ultimately, it takes 6-12 months until you can get a good idea how the scar will look long-term. Patience is key.

**\*\*Call our office immediately if you experience uncontrolled bleeding (that does not stop with 20 minutes of pressure) or signs of infection.**

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