

# Mohs Reconstruction Instructions

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General: You can expect to need 1 week off from work.

Pre-operative:

1. Three weeks before surgery, make sure you have discontinued all medications that are associated with increased bleeding. These include aspirin, ibuprofen, aleve, Plavix, Coumadin/warfarin, vitamin E, fish oil, xarelto, eliquis. If you are on any of these medications you must let Dr. Wilson and his staff know. You may take Tylenol and extra strength Tylenol only.
2. We recommend you purchase arnica tablets and begin them one week prior to your procedure and continue for the week following the procedure. These are available at our online dispensary or at your local health food store. You should start a stool softener the day before surgery and continue if you are taking pain medication. This helps to prevent constipation associated with anesthesia and narcotic pain medication.
3. Patients should be non-smokers. If you are a smoker you should have stopped smoking for six weeks before any surgical procedures.
4. You must have someone drive you to and from your surgery. You must have an adult to help you for the first 24 hours. If you do not have someone to help you, the office can help you coordinate a nurse or assistant.
5. Dr. Wilson will prescribe you your pain medication the day of the procedure. Rarely will you need narcotic pain medications for this procedure.
6. Take a shower the morning before your Mohs procedure with the dermatologist, you will not be able to shower again until 48 hours after your Mohs closure procedure.
7. Do not eat or drink anything after midnight the night before surgery. If you have a medication you must take in the morning, take with a small sip of water. Do not get your mohs site wet. You may take a sponge bath the morning of surgery, make sure there are no traces of makeup left on your skin. Do not apply moisturizer or anything to your face the morning of surgery and do not wear contact lenses. Please wear comfortable clothing that either zips or buttons in the front.
8. If you have hair long enough, please place your hair in a tight ponytail the day of your surgery.

### Post Operative: First 48 Hours

1. Notify Dr. Wilson if you have any increased bruising or asymmetrical swelling of the face. This may be a sign of bleeding.
2. Do not get the area wet for the first 48 hours. After this time you may shower, but avoid direct water pressure to the area. Do not scrub or soak the area.
1. Keep the area covered with bacitracin ointment. Gently wipe and re-apply bacitracin twice daily. If the surgical area is near your eyes you may need to apply gentel ointment in the eyes.
2. If you have steri strips in place you do not need to apply bacitracin ointment. The steri strips can be gently removed after one week.
3. To improve swelling, keep your head elevated while you sleep. Avoid lifting anything heavy, straining or bending down as this can cause pressure on your incisions. Get up and walk around from time to time this will help your recovery.
4. Avoid eating hard crunchy foods. Choose soft foods and cut your food very small. It is important to drink plenty of liquids and do not take medications on an empty stomach. If your surgical area is near the mouth you may find it easier to consume protein shakes such as ensure and soft foods such as mashed potatoes, eggs, etc.
5. Take pain medications as prescribed. Only take the medications as needed. You may take Motrin or Aleve to help with pain control.
6. Do not use ice unless specifically instructed by Dr. Wilson or his staff.
7. Resume a regular diet. If the first night you do not feel up to eating, ensure you take in plenty of fluids. Do not take medications on an empty stomach.

### Post Operative: 2 days to 2 weeks

1. Your stitches will dissolve they will not need to be removed. Place bacitracin ointment on the site until the stitches all dissolve. Bacitracin is the only ointment you may use.
2. Resume a regular complete diet.
3. Refrain from exercise for two weeks at which point you can start light activities. No heavy exercise for six weeks.

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4. Avoid sun exposure.
5. Sleep with your head elevated as much as possible.
6. You may resume your Aspirin and other medications associated with bleeding risk one week after your procedure.
7. Do not hesitate to call the office at at 603-294-4526 with any questions.

### SKIN GRAFT INSTRUCTIONS

- If you have had a skin graft performed. You will have a bolster over the graft that will remain in place for 7 days.
- DO NOT GET THE BOLSTER WET.
- The bolster will be removed in the office.
- After the bolster is removed keep the graft covered for two more weeks with bacitracin and a Band-Aid – this may require special cutting and sizing of the band-aid.
- Do not get the graft wet for three weeks. It is normal for a scab to develop over your graft. Do not pick at this. Keep it moist with bacitracin. Dr. Wilson will remove it in the office.