

## MOHS POST SURGERY INSTRUCTIONS

1. Keep the area as dry, still, and elevated (over the level of the heart) as much as possible for the first 24 hours. After 24 hours you may shower, but you may not submerge the area in a bathtub or swimming pool/beach until after your sutures are removed.
2. It is normal to see a small spotting of blood on the first bandage. If there seems to be more than this, apply ice and 20 minutes of constant pressure to encourage clotting and alert our office immediately.
3. Continue the medication and activity restrictions which apply to your case (see pre-operative instructions on the other side).
4. Use an ice pack over the bandage for 15-20 minutes when you get home from the procedure. This should be done at least 3 separate times during the first 24 hours. This will decrease pain, swelling and bleeding.
5. If the surgery site is located on your face or scalp, sleep with your head resting on several pillows. This is to reduce excessive pressure on the wound.
6. Dress the wound **twice daily** (once daily if the wound is on your back):
  - a. Carefully clean the sutures with soap and water. Pat dry.
  - b. Apply a generous amount of Aquaphor or Vaseline.
  - c. Cover with a Band-Aid or make your own dressing of non-stick ("Telfa") pad and medical paper tape to hold in place.
  - d. Continue this routine until you return for your suture removal appointment.
  - e. Do not shave near the wound because the sutures may be cut.
  - f. Report any fever, swelling or bleeding immediately to our office. **Redness, pain, or drainage of pus that worsens by the day are signs of active infection and should be reported immediately.**
  - g. If Steri-Strips are in place – do not remove them. Cleanse with soapy washcloth (patting over Steri-Strips) then apply Telfa pad. **If Steri-Strips come off prior to suture removal appointment, cleanse the area carefully and do not pull on the sutures.**

### MAIN OFFICE

8926 77th Terrace East  
Suite 101  
Lakewood Ranch, FL 34202  
tel 941.907.0222  
fax 941.907.0493

OFFICES IN  
BRADENTON  
LAKEWOOD RANCH  
SARASOTA

[ArsenaultDermatology.com](http://ArsenaultDermatology.com)

7. Scar tissue is pink 3-6 months, then usually fades to white. Sunlight exposure may cause skin to darken. The appearance of a surgery scar usually continues to improve for 6-12 months as the scar “matures.” The tissue around a surgical site sometimes remains firm or puffy for several months.

## VINEGAR SOAKS FOR MOHS WOUND CARE

\*After the pressure bandage from the Mohs procedure has been in place for 24-48 hours, remove the bandage, and then begin performing vinegar soaks 1-2 times per day until your sutures are removed.\*

1. Mix 1 tablespoon of white vinegar with 1 pint of warm water in a bowl.
2. Soak washcloth in mixture (from step 1).
3. Gently apply washcloth directly on the surgical site for 10-15 minutes. Do not scrub the surgical site with the washcloth.
4. Re-dress the area after cleansing by applying over the counter antibiotic ointment (i.e. Mupirocin), Aquaphor, or Vaseline. Apply bandage large enough to cover all the sutures.

**Recommend performing these soaks 1-2 times per day for one week following procedure.**

**Recommend using a new wash cloth per soak or cleaning in laundry machine after each use.**

### MAIN OFFICE

8926 77th Terrace East  
Suite 101  
Lakewood Ranch, FL 34202  
tel 941.907.0222  
fax 941.907.0493

OFFICES IN  
BRADENTON  
LAKEWOOD RANCH  
SARASOTA

[ArsenaultDermatology.com](http://ArsenaultDermatology.com)