

Post-op Instructions -What to Expect Following Your Mohs Surgery

- Immediately after your surgery you will have a large bandage in place. Leave this in place for 24 hours after your surgery. At that time it may be gently removed.
- Once at home apply ice to the surgical site (while leaving the bandage in place) for 10-15 minutes at a time every hour for 3 hours.
- The night following your surgery attempt to sleep with the surgical site slightly elevated. For sites on the face, sleep with an extra pillow or two to elevate your head.
- Should any oozing occur through the bandage once you are at home, apply pressure to the surgical site for 20 minutes. Look at a clock to ensure that a full 20 minutes has passed before stopping. Consider setting a timer.
- Clean your surgical wound once daily with soap and water. Do not submerge it in a bath or hot tub. Do not go swimming while your sutures are in place. When in the shower, do not let forceful water hit the wound directly.
- After cleaning your wound, apply a generous amount of plain Vaseline or Aquaphor. Keeping it moist with these ointments allows it to heal more quickly and may improve the appearance of your scar. Cover the site with a non-adherent bandage and secure in place with paper tape.
- Until your sutures are removed, it is important that you limit vigorous exercise or activity. Avoid heavy lifting or bending.