

## University of Virginia Plastic Surgery Post-Operative Instructions for Mohs Wound Closure

The following instructions are general guidelines to promote a safe and uneventful recovery from your surgery.

### Activity Limitations:

- Most patients return to work one to two days following your procedure.
- You should avoid strenuous activities for one week or longer if indicated by University of Virginia Plastic Surgery.
- Do not take Aspirin, Motrin, Aleve or Ibuprofen or other blood thinning agents until you are instructed it is safe by University of Virginia Plastic Surgery.
- No sports activity or heavy lifting/heavy physical activity for 2 weeks or longer as instructed by University of Virginia Plastic Surgery.
- Keep the involved area elevated above your heart as much as possible for the first 48-72 hours after surgery including during sleep to help minimize your swelling and bruising.
- Avoid driving until you are no longer taking pain medications (if prescription pain medication given).

### Bathing and Incision Care:

- You may shower 24-48 hours after your procedure. Before you shower remove your outer dressing but leave steristrip surgical tapes in place if under the outer dressing
- University of Virginia Plastic Surgery may have you apply Bacitracin double antibiotic ointment 3-4 times daily starting the day after your procedure.
- You do not need to replace a band-aid but you may for comfort. Most people find placing a band-aid before sleeping improves comfort.
- Your sutures, if placed externally will be removed by University of Virginia Plastic Surgery's RN 5-10 days after your procedure, if placed internally will absorb. This is decided based on what will provide the best long term result.

### Pain/ Medications:

- You will feel mild discomfort for several days following your surgery.
- University of Virginia Plastic Surgery may prescribe pain medications to use for a few days or recommend Tylenol
- You may apply ice packs to the operative area every hour, 10 minutes on and 20 minutes off for 24-48 hours after your procedure for improved comfort and to lessen swelling. The ice packs should not be placed directly on your skin, instead place a moist clothe next to your skin and then place the ice pack over the clothe. Some people use frozen peas or special eye mask ice pads.

### General Recommendations:

- There will likely be mild to moderate incision pain, but this is usually significantly improved over the first 24 hours.
- A small amount of reddish leakage from your incisions after a scar revision is common. This looks like faint bleeding but is actually blood tinged edema fluid.
- Avoid sun exposure to your scars for at least six months. Sunlight can permanently affect the skin's pigmentations, causing the scar to turn dark. Wear sun-block daily.
- Numbness of the area surrounding the scar may last for 2-3 months.
- You may start using scar lotions such as silicone based products 4 weeks after your procedure. Depending upon your skin type University of Virginia Plastic Surgery may prescribe Silagen to apply to minimize scarring.

### Notify your physician or After Hours Advice for any of the following:

- Severe pain or severe swelling should be reported to our office immediately. This may indicate bleeding or infection that requires additional treatment.
- If you develop a fever of greater than 101 degrees, increasing redness involving the area surrounding the scar.

**For life threatening issues or concerns dial 911.**