



Mohs Reconstruction Discharge Instructions

General

- You may resume your regular day-to-day activities 24 hours after surgery as tolerated
- Avoid strenuous activities that elevate your heart rate for around 10 days following surgery. If you have specific activity questions, please ask the clinic to clarify

Dressings / Bathing

- Dressings will vary depending on the procedure performed. Most of the time, only antibiotic ointment is applied to the incision
- You may shower in 48 hours. Avoid directly scrubbing the incision, but getting soap and water on the incision is ok. Simply wash off and gently dab dry
- If you left your procedure with only antibiotic ointment covering the incision, apply over-the-counter antibiotic ointment to the incision 1-2 times a day for 3-4 days and then discontinue. It is not necessary to apply any dressing after this period of time
- Do not submerge the incision under water (including bath, hot tub, swimming etc.) for at least 4 weeks after surgery
- If you had Steri-strips (small, white Band-aids) placed over your incision(s), these will fall off on their own and can get wet after 48 hours.
- If you had a head wrap placed at the time of your surgery, this may be removed after 48 hours and the incision left open to air

Sleeping

- Avoid sleeping directly on your incision as much as possible for at least 4 weeks after surgery
- If surgery was performed on the scalp / face, sleep with your head elevated 30-45 degrees- this will limit swelling

Sutures

- In general, permanent sutures are removed 5-7 days following your procedure at the time of your first follow-up appointment. Some sutures may be dissolvable and will be left in place until they dissolve

Follow-up

- Your first follow-up appointment should be scheduled 5-7 days after your procedure for incision evaluation and suture removal
- Your second follow-up appointment should be scheduled at the time of your first follow-up appointment and will, in general, be 3 months following your surgery



Looking ahead

- Unless specified by Dr. Gougoutas, you may resume all activities (without restrictions) ie going to the gym at around 10 days