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American Academy of Cosmetic Surgery

Dermatology
Mohs Micrographic Surgery
Laser Surgery
Cosmetic Surgery

HOME CARE INSTRUCTIONS FOR DELAYED REPAIR

Items You May Need to Purchase for Wound Care

Hydrogen Peroxide, Antibiotic Ointment (Polysporin, Bacitracin, Aquaphor, or Vaseline), Telfa Dressing of Non-Stick gauze Squares, Paper Tape or Silk tape, Q-Tips, and Sterile Gauze (purchase either 2-inch, 3-inch, or 4-inch according to the size needed to cover your wound).

1. After surgery, go home and take it easy (no exertion, lifting, bending or straining)
2. While sitting for long periods and sleeping, keep your wound site or limb elevated as much as possible. If you had facial surgery, sleep with your head on several pillows. Do not sleep on the same side of the body as the wound.
3. **DO NOT drink any alcoholic beverages or take any aspirin or aspirin-like products (Motrin, ibuprofen) for one week.** If you need medication to control your pain take extra strength Tylenol or an aspirin-free pain reliever every 4 to 6 hours. **NO SMOKING for 7 days following surgery.** Smoking will cause a delay in wound healing.
4. **Remove the bulky pressure dressing after 24-48 hours after the Mohs surgery.** This dressing needs to remain secure and intact to prevent bleeding. If the dressing comes loose you will need to reinforce the bulky dressing with tape.
5. After removing the bulky dressing, clean the area with soap and water or hydrogen peroxide using a Q-tip or gauze pad. Soak the wound for approximately 5 minutes. Be gentle, allowing the soapy water to clean the wound until any dry crusts are removed. Or, you may also clean the wound in the shower by letting the tap water run over the wound for a few minutes making sure that you rinse off any soap or shampoo.
6. **Apply Polysporin, Bacitracin, Aquaphor, or Vaseline (all of which can be purchased over the counter)** over the entire wound with a band-aid or telfa dressing. Do not use Neosporin, as it may cause an allergy reaction.
7. Please refrain from taking aspirin, 7 days prior to your reconstruction date and other blood thinners (such as Motrin, Advil, Plavix and Coumadin) 3 days prior to your repair date. Also please be prepared to have dressings on your wound up to one week after your repair.
8. In cases where your surgery site is around the eyes or on the forehead, it is normal to experience extreme swelling for 3 to 5 days after the surgery even to the point where your eyes may swell shut. It is important to keep your head elevated as much as possible.
9. In cases where the surgery site is on the leg, it is important to elevate the legs as much as possible.

IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278.8835 EXT 2. After hours and on weekends, please call the doctor or his physician assistant at (619) 318-0952.

Specializing in Cosmetic & Medical Dermatology

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