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Diplomate of the American Board of Dermatology
American College of Mohs Micrographic Surgery
Surgery and Cutaneous Oncology
American Academy of Cosmetic Surgery

Dermatology
Mohs Micrographic
Laser Surgery
Cosmetic Surgery

PREPARING FOR YOUR MOHS MICROGRAPHIC SURGERY

DO: Do Shower and shampoo the night before and the morning of surgery.

Do **EAT** normal meals before surgery. **BRING A SNACK.**

Do tell the doctor if you have any allergies to medicines or have a bleeding problem.

Do **BRING ALL** your medications in their bottles to show the doctor. **Take ALL** your regular medicines unless the doctor tells you not to.

Do wear an old shirt that buttons all the way down (not a pull-over). **WEAR ABSOLUTELY NO JEWELRY.** If you're having face surgery **WEAR ABSOLUTELY NO MAKE UP** and have your hair pulled back away from the surgery site.

Do bring an old blanket to the office if needed; the surgery room is kept cool.
Do **WEAR** warm socks to the office.

Do tell the doctor if you have a cold or don't feel well.

Do have someone drive you home from the doctor's office after surgery. One person may keep you company in the reception area or we can call your ride to pick you up one half hour before you're ready to leave.

Go to Drwalternahm.com and look up the education link on Mohs surgery. Read about the Mohs surgery procedure prior to coming in.

DON'T: Don't have ALCOHOL (wine, beer, whiskey) from one week before until one week after surgery.

Don't have herbs, vitamin E, niacin, fish oil tablets (omega 3 fatty acids), or non-steroidal anti-inflammatory medicines (Motrin, Nuprin, Advil, etc.) for one week before surgery. They can cause bleeding.

Don't apply lotions to surgery site on the day of surgery or the bandages will not stick to your skin.

If your doctor has prescribed Aspirin. **TAKE THE ASPIRIN AS YOUR DOCTOR SUGGESTED UNLESS YOUR DOCTOR SAYS YOU CAN STOP ASPIRIN FOR 1 WEEK BEFORE SURGERY. STOP ANY COUMADIN, MOTRIN, AND ADVIL 3 DAYS BEFORE SURGERY.** Ask your doctor BEFORE stopping any medications. Over-the-counter TYLENOL can be taken any time it's needed for pain and/or headaches before or after surgery BECAUSE IT DOES NOT CAUSE BLEEDING. Although, it is important that you **DO** take your daily medications for blood pressure, diabetes, thyroid, etc.

Don't smoke excessively (it slows healing). It's best not to smoke at all. DO NOT smoke within 2 hours before surgery.

It's a good idea to use the restroom before your surgery. Ask the receptionist to show you the way.

Please ask if you have ANY questions before, during, or after surgery. We want to work together with you to make your surgery successful.

AFTER SURGERY:

Dr. Nahm may delay your surgical repair for optimal healing and cosmetic benefit. If this is the case, he will tell you when to follow-up for a possible reconstruction of the surgical site defect.

There will be need for post-operative follow-up for observation or suture removal after reconstruction. It is best to remain in the local area (if possible) for 10-20 days post-operative period. Let the Dr. Nahm or his staff know if you cannot do this.

The wound will take about 25 days to become sufficiently strong after all the surgery has been performed.

ITEMS YOU MAY NEED TO PURCHASE FOR WOUND CARE:

Hydrogen peroxide, Vaseline Petroleum Jelly, Telfa dressing of non-stick gauze squares, paper tape or silk tape, Q-Tips, Sterile gauze pads (purchase either 2-inch, 3-inch, or 4-inch according to the size needed to cover your wound).

Specializing in Cosmetic & Medical Dermatology