

Scan this QR Code to access a digital version



Download **Scan** from iTunes Store or Google Play

## 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 or 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 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. Soak the wound for approximately 5 minutes. Be gentle, allowing the soapy water or hydrogen peroxide to clean the wound until any 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. Wash the wound daily with soap and water between dressing changes until you come back to the office.
7. You **MAY** also be given a topical antibiotic to swab in your nose twice a day for 5 days, prior to your reconstructive surgery.
8. Also please wash your head, neck, and body with Hibiclens (Chlorhexidine) once a day for 5 days before reconstructive surgery.

**CONTINUED ON PAGE 2**

## HOME CARE INSTRUCTIONS FOR DELAYED REPAIR

**(CONTINUED FROM PAGE 1)**

9. 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.
10. 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.
11. 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 (Option 3)  
After hours and on weekends, please call the doctor  
or his physician assistant at (619) 318-0952.