

DIANE WALDER, M.D.,P.A.
DIANE WALDER, M.D.
STACY CHIMENTO, M.D.
LUCY CHEN, M.D.
1111 Kane Concourse, Suite 100
Bay Harbor Island, FL 33154
(305) 866-2177

POST-MOHS Wound Care Instructions

WHAT YOU SHOULD KNOW:

If you have a possible problem or question, please call your doctor promptly. After hours, the office number above will ring and you will be directed to the physician on call. Leave a message if the physician does not answer and your call will be returned. In the instance of an emergency and you cannot get in touch with the physician, go to the nearest emergency room.

PAIN

If you have discomfort after surgery, take non-aspirin pain relievers such as Extra-Strength Tylenol. Don't wait until pain builds up, take something at the first hint of discomfort and you may not need anything more. Do not take Aleve, Ibuprofen, Motrin or Aspirin as these may cause BLEEDING.

SWELLING

Swelling is common and can be lessened by the use of an ice bag. Leave the dressing in place. Use ice for 10 minutes every 2 hours for the first 8-12 hours after surgery. If you had surgery on your head, avoid sleeping flat, have your head slightly elevated (2 pillows, reclining chair).

BLEEDING

If bleeding occurs, apply simple direct firm pressure for 15 minutes. This will usually stop the bleeding; if this doesn't, please call the doctor. If the doctor cannot be reached, go to the nearest emergency room.

- ALCOHOL, ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS MAY CAUSE BLEEDING WHEN USED ONE WEEK BEFORE UNTIL ONE WEEK AFTER SURGERY.

WOUND CARE:

You will have a bulky "pressure dressing" on the surgery area for 2 days. Do not remove this dressing for 2 days. If the doctor wants you to keep the dressing on longer, she will tell you. KEEP THIS DRESSING DRY.

After 2 days, remove the dressing, wash it gently with soap and water and apply Vaseline or Mupirocin to the wound, apply Telfa and adhere with paper tape. Change this dressing daily. If you experience severe redness, oozing, severe pain, fever or chills, call the office for further instructions.

If you have a skin graft, do not touch the dressing until seen by the doctor. After the sutures are removed, follow the wound care instructions above. SMOKING CAUSES HEALING PROBLEMS for excisions, flaps and grafts. If you smoke, attempt to reduce the amount you smoke *by at least half* after the surgery.