



In Partnership With

**DERMATOLOGY +
PLASTIC SURGERY**

For Your Best Self

ANITA SALUJA, MD REBECCA NOVO, MD
A FOREFRONT PRACTICE

MICHAEL MURCHLAND, MD

Things to Avoid:

- Aspirin and Ibuprofen for 7 days before and 2 days after surgery. Extra strength Tylenol is recommended for pain. ***If blood thinner is prescribed or recommended by a physician, please do not discontinue**
- Alcoholic beverages 1 day before and after surgery as alcohol promotes bleeding
- Stretching, bending, or physical activity that could strain the wound after surgery in the first 24-48 hours
- Vigorous activity within 24 to 48 hours after surgery, especially if there is bleeding.
- Swimming in the ocean, pool, hot tub, using a spa, or taking a tub bath while sutures are in place, showering is permitted
- Plan not to go out of town for 1-2 weeks due to wound care and suture removal appointment.

Preparing for MOHS:

- Most cases can be completed in three or fewer stages, requiring less than four hours. However, no one can predict how extensive a cancer will be. Therefore, we ask that you reserve up to four hours for surgery to allot for removal of skin cancer cells and repair. Between MOHS stages, you will be waiting in our reception area with a clean dressing covering your surgical site.
- Eat breakfast prior to appointment time, bring snacks necessary related to dietary needs.
- Bring entertainment such as a book, magazine or tablet
- Bring a jacket or sweater for your comfort to keep you warm as we keep AC low for surgeries. ****Please be advised, clothing could possibly be soiled during the procedure. Wear something washable and comfortable!**
- If the defect/area removed is larger than expected, you **may be** referred to another physician such as our plastic surgeons for the repair of the defect.
- Continue all medications as prescribed by physicians, unless otherwise advised by Dr. Murchland.
Special Instructions: _____

Wound Care Instructions:

- Leave the dressing in place for 24-48 hours and keep it dry for the two days.
- Sleep with your head or surgery site elevated on 2 pillows to help reduce swelling for facial sites.
- For swelling or bruising, apply ice in a plastic bag on top of the dressing for 10 minutes on/10 minutes off for one hour, repeating 2–3 times a day as needed. This will help decrease swelling and bruising.
- Avoid showering the area(s) on the first day. You may shower the morning after surgery as long as the dressing stays on during the shower and is changed immediately afterwards. This is especially important for lower legs, as bacteria can run into the wound if left uncovered.

Beginning the day after surgery, change the dressing once a day until sutures are removed:

- After 24-48 hours, clean the wound with gentle soap (suggestion - SalujaMD Refresh Gentle Cleanser) and water once daily. Gently pat dry.
- If steri-strips are present under the bandage, leave them intact and cover the wound with a band-aid or non-stick Telfa dressing secured with paper tape.
- Once steri-strips peel off, apply antibiotic ointment, Vaseline, or Aquaphor or Mupirocin if it was prescribed with a Q-tip over the sutures to prevent them from drying out. Skinmedica Scar Gel is an innovative alternative topical to use.
- Cover the wound with a band-aid or non-stick Telfa dressing secured with paper tape.

Pain, Discomfort & Bleeding:

- It is normal to experience some discomfort, swelling, and bleeding after surgery. If pain persists and Extra Strength Tylenol is not effective, you may alternate Extra Strength Tylenol with Ibuprofen, though this may increase the risk of bleeding and bruising.
 - Start with Extra Strength Tylenol, then take 1–2 Ibuprofen 3 hours later, then another Tylenol 3 hours after that, and so on.
 - If you notice any unusual swelling, bruising, reddening or discharge, please call 321-617-3305 or go to the nearest emergency room.
 - If bleeding occurs, press clean gauze directly on the wound for 20 minutes with firm, continuous pressure. If this does not stop the bleeding, contact the office immediately or go to the nearest emergency room.
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Follow-Up Appointment:

Be sure to schedule a suture removal appointment and 6 week scar check. Please also confirm your next skin cancer examination is scheduled. Notify our office at 321-441-8332 immediately if the wound shows any sign of infection such as marked redness or drainage. For after-hours postoperative emergencies, contact Dr. Murchland directly or as directed by our practice voicemail message.

A Note about Scarring:

Scars are a normal result of the healing process. They take 6 to 12 months to fully settle, and the goal is they are as minimal as possible. To help diminish scars, we advise use of the innovative, plant-based Skinmedica Scar Gel twice daily for 3 to 6 months. The scar gel may be started right away or after suture removal. Also during this time, protect the site from sunlight, which can darken scars. We recommend Absolutely Natural, SalujaMD BB Cream, or ISDIN sunblocks.

More invasive treatments that also help improve scarring exist. They can be done anywhere from immediately after to 6-8 weeks or longer after surgery. These include Excel V treatments for red scars, Botox for tension on scars, and Kenalog injections for raised scars. Co2 Laser treatments and Skinpen microneedling procedures with growth factors are options for textural issues. Please call the office for evaluation. We are here to help you!

Emergency Contact for Dr. Murchland 321-617-3305