



In Partnership With
**DERMATOLOGY +
PLASTIC SURGERY**
For Your Best Self
ANITA SALUJA, MD REBECCA NOVO, MD
A FOREFRONT PRACTICE

Dr. Akhil Gupta

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 321-441-8332 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.

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. Gupta directly or as directed by our practice voicemail message.

Emergency Contact for Dr. Gupta : 319-594-9031
Or Email : Akhil.Gupta@forefrontderm.com

A Note about Scarring:

Scars are a normal result of the healing process after Mohs surgery. Dr. Gupta will do his best to minimize these, and following your home wound care instructions helps tremendously. 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. Most healing occurs within the first 6 weeks but the surgery site will continue to heal over the next 12 months. Also during this time, it is important to protect the site from sunlight, which can darken scars. We recommend Absolutely Natural, SalujaMD BB Cream, or ISDIN sunblocks.

Scarring Treatment :

We offer a variety of cosmetic scar treatments following surgery, based on your individual needs and goals. These treatments may be performed immediately after surgery or anytime thereafter, including 6–8 weeks postoperatively and beyond. If available, Health Savings Account (HSA) or Flexible Spending Account (FSA) funds may be used toward treatment costs. Please note that these cosmetic procedures are not typically covered by insurance. Treatment options may include intralesional steroid injections for raised scars and laser therapy for scars that are red or depressed. To learn more about your options, we encourage you to schedule a consultation with one of our Cosmetic Patient Educators by calling 321-241-1160. You may also ask a member of our staff to assist with scheduling during your next visit. We are here to help you feel your best self!