

SURGICAL AFTERCARE INSTRUCTIONS

- 1) Keep the surgery site **DRY** and bandaged **for 48 hours**. Avoid getting the bandage wet.
- 2) After 48 hours you may remove the bandage. You may get it wet to make it easier to remove.
- 3) **Wash the surgery site once daily with anti-bacterial soap** and water. We do not want a crust to build up along the sutures. Pat the area dry using paper towels (regular towels can transfer bacteria to the surgery site).
- 4) **Dilute Vinegar Solution:** Mix **1 tablespoon of vinegar** into **1 cup of water**. (Do not use full strength vinegar)
- 5) Soak the surgery site with a **vinegar-soaked cotton ball/woven gauze** **ONCE Daily for 10 minutes.** (Twice daily if the area is crusty).

** **Crust build-up** along the sutures **causes infection, slows healing**, and produces a **more noticeable scar.* ***

- 6) **Apply Vaseline (or Prescription ointment) liberally** along the sutures **TWICE DAILY** with a Q-tip. Use a **NEW** tube or jar of Vaseline.

*This is also to **prevent a crust from building up** along the sutures **which can promote infection, delay healing**, and produce a **more noticeable scar.***

TIPS FOR THE BEST SCAR POSSIBLE:

- 1- **Stop Smoking/Vaping for 4 weeks** following surgery if you are a smoker. The cut skin edges die and turn black.
- 2- **Rest for 1 week** following surgery: activity causes microscopic bleeding and swelling that pushes the skin edges apart, creating a wider scar.
- 3- **Never let the sutured area become crusty**- this creates a deeper scar.
- 4- **Prescription antibiotic ointment or Vaseline for 4 weeks following your surgery.**
- 5- **NO MAKEUP:** it has fine particles that are like putting DIRT in your wound.

Rest Means: No Working out, no walking for exercise, no chores for **1 week** after surgery

Do not bend over at the waist if your surgery was on the head or neck for 1 week.

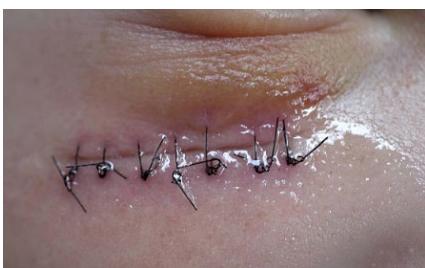
Sleep with your head elevated on 2-3 pillows.

For **bleeding**, apply an ice pack with hard pressure for **20 minutes straight**. Do not lift it up to peek to see if its still bleeding before the 20 minutes are up.

Examples of Bruising and Swelling that are Normal



(Example photos from the internet)



Ideal surgery site (5/5): right amount of Vaseline and no crusting. This creates a happy Mohs surgeon. 😊



Less than ideal surgery site (4/5):

- Needs more Vaseline; apply twice daily and cover with a bandage to keep Vaseline in place.



Less than ideal surgery site (3/5): crust build up

- Soak for 10 minutes with vinegar-soaked gauze/cotton balls twice daily.
- Gently wash with anti-bacterial soap to remove crusting gently
- Apply Vaseline 2-3 times daily.



Bad surgery site (2/5): too much crusting, no Vaseline.

- Soak for 30 minutes with vinegar-soaked gauze.
- Gently wash with anti-bacterial soap to remove crust gently.
- Apply Vaseline 3-4 times daily.

Wound Edge Eversion

Our goal is to create the thinnest scar possible, several techniques are employed when reconstructing your facial surgical site. One of these is wound edge eversion which looks awkward initially but will result in the thinnest scar possible, and in many cases a scar that seems to disappear.

The day we remove your sutures the surgical site often looks like a "red caterpillar". It is a temporary effect that resolves slowly and should completely flatten 6 to 12 weeks after your surgery. Do not be alarmed when changing your bandage if you notice this.



Scan QR codes with Camera App on Smartphone for videos showing how to change bandage



Mohs Aftercare



Line repair



Ear