

HANDOUT - PRE-OPERATIVE INSTRUCTIONS FOR MOHS

PRE-OPERATIVE INSTRUCTIONS

Mohs Micrographic Surgery

Patient Information

Date of Surgery:

Time of Surgery:

Location:

Please arrive 10 minutes early.

You are scheduled to have skin surgery in our office. In order to obtain the best results, we have the following recommendations:

1. Eat a moderate breakfast or lunch the day of surgery.

2. The following medications should preferably be stopped one week prior to surgery:

-Aspirin and aspirin containing products such as Ecotrin, Bufferin, and Alka Seltzer

- Heparin, Coumadin, Warfarin, or Plavix

-Aspirin-like medications/Arthritis medications such as Motrin, Advil, Naprosyn etc.

These medications are "blood thinners" and can increase the risk of bleeding. However, DO NOT stop any medication prescribed to you by another doctor without express permission from that doctor. Please obtain prior approval before stopping any prescribed medication.

3. You should take all other regularly prescribed medication as usual.

4. We recommend a shower the evening or morning before surgery and freshly laundered clothes to help reduce the chance of you getting an infection. Wear a shirt or blouse that buttons up the front.

5. Do not apply makeup, cream or shaving lotion, etc. to the affected area.

6. A container for contact lenses or dentures should be brought.

7. Do not smoke one week prior to the surgery. Smoking and blood levels of nicotine will interfere with wound healing. Also avoid alcohol the day of and prior to surgery.

8. You may come alone and/or drive yourself home. Someone will need to drive you home if:

a.

you are medicated with Xanax/Alprazolam or a pain medicine

b. you have bandaging on the face and it will obstruct your vision

9. Remember to take antibiotics on time if you were instructed to do so. Take antibiotics with food.

Take 2 pills one hour prior to surgery. Remember if you are prescribed Xanax/Alprazolam for relaxation - take one pill 1 h hours prior to surgery and bring the other pill with you and take at time of surgery if needed.

10. Do not plan on returning to work or performing vigorous activities for the remainder of the day following your surgery. This will increase your risk of bleeding.

11. Please realize that you will be in our office for an extended period of time on the day of your surgery with periods of waiting while the tissue is being processed. It is a good idea to bring a book or magazine with you to read.

12. If you have any questions, please feel free to call our office. Please be aware that we have scheduled specific time for you. Should you need to cancel your appointment -- please give us at least 48 hours notice.

of Service: 9/12/2017 Male DOB: 11/23/1928 2 What is Mohs Micrographic Surgery?

Mohs Micrographic Surgery is a specialized technique where skin cancer is surgically removed and the tissue is processed in the same office. There are many advantages to using the Mohs technique.

1. The most important advantage is that it provides the highest cure rate over other techniques including standard surgical techniques, radiation, Cryotherapy, and curettage. The reason for this is because the tissue is processed in such a way that 100% of the deep and peripheral margins are evaluated for tumor extension. When standard tissue processing techniques are used, only .01% of the margins are evaluated.
2. Mohs surgery is tissue sparing. In other words, the least amount of normal tissue is removed while still removing all of the skin cancer. This is very important when a skin cancer involves the nose, ears, or eyelids.
3. Mohs surgery is more cost effective than other modalities. Traditionally, the tissue is excised in the operating room, sent for frozen section to get clear margins, and then the surgical wound is closed. This involves the surgeon, anesthesiologist, and pathologist as well as expensive facility fees. With Mohs surgery, the procedure is performed in the physician's office using local anesthesia. The tissue is processed in a lab at the office. Once clear margins are obtained, the surgical wound is closed.

What are the steps in Mohs surgery?

1. The patient is brought to the procedure room where they will change into a medical gown.
2. The surgical site is anesthetized using local anesthesia. This is the only uncomfortable part of the procedure. The numbing medicine is injected with a very small caliber needle.
3. The skin cancer is surgically removed, and the tissue is taken to the lab where it is processed.
4. A temporary bandage is applied to the surgical site, and the patient is allowed to wait in the procedure room or in a special waiting room separate from the main lobby. In this room are comfortable couches, reading material, and a television set.
5. If it is found that all of the tumor has not been completely removed, then the patient is taken back to the procedure room for removal of more tissue. Although more local anesthesia is given at this time to reinforce the first dose, it is generally not painful because the numbing has not worn off yet.
6. After all of the skin cancer has been removed, the surgical wound is then closed with sutures.

How long does the procedure take?

This is highly variable and depends on the size of the skin tumor. Most patients should expect to spend one half a business day. If your skin cancer is extensive or if you have multiple cancers to remove, you can expect to spend much of the day in the office.

Will I have pain after the procedure?

Very seldom do patients experience pain after the Mohs procedure. Again this is highly variable and depends on the location and extent of the surgery. If you experience discomfort, a prescription for pain medication is given before the surgery so that you will have it on hand.

You will be given a pre-operative instruction sheet with this sheet that will discuss other pertinent details that you should be aware of.

POSTOPERATIVE INSTRUCTIONS

Associated Dermatology — 324-7437

- . Keep the area dry for 2 days and then remove the dressing. Shower, blot the area with a clean towel and cover with a dry bandage. Change the bandage daily, more often if it becomes wet or soiled.
 - . DO NOT apply any ointments, alcohol or hydrogen peroxide unless directed to do so.
 - . ELEVATE, ELEVATE, ELEVATE as much as possible unless the site is on your trunk. This will promote faster healing.
 - . Keep the site covered at all times. No pools, hot tubs or lakes/streams until sutures are out.
 - . Avoid excessive exercise and heavy lifting until sutures are out.
 - . Smoking inhibits healing and should be minimized or stopped for best results.
- e Bleeding may occur 1-2 hours after surgery. If this happens, apply continuous, firm, direct pressure for 15 minutes without peeking. If the wound continues to actively bleed, call the office or go to the ER if after hours.
- Tylenol is ok to take for pain relief. If you have severe pain, this is not normal so please call the office.
- e If you develop signs of infection such as fever, redness, warmth, pain, or cloudy discharge, please call the office.
- Suture removal in _____ . There is no charge for postop care or wound checks.