

Aftercare Instructions for Mohs/Sterile Surgery

The pressure bandage that was put in place following surgery must remain in place for 48 hours unless otherwise directed. Your pressure bandage must also stay completely dry during this time.

If the surgical site is on your face, please sleep with your head elevated on two to three pillows or sleep in a recliner for the first two nights. Please avoid sleeping on the affected side.

If your surgical site is on an extremity (arm or leg) please elevate the extremity in a position equal to your heart whenever possible.

Please refrain from any strenuous activity or any activity that would cause you to perspire.

Running, lifting of any objects over 10 pounds, tugging or pulling any objects as well as bending over should be avoided for the entire time that sutures are in. Use caution when shaving around the wound to avoid cutting the sutures.

REMEMBER TO WASH YOUR HANDS BEFORE CLEANSING YOUR WOUND

After you have removed the bandage, you may now get the area wet unless directed otherwise.

While in the shower, water may rinse over the site. Do not aggressively scrub the site. You will clean the site with antibacterial soap and a vinegar wash as described on the back of this sheet.

Things to watch for:

Bleeding: A small amount of bleeding on the bandage is normal. If you have continual bleeding, apply firm continuous pressure for 20 minutes. This should stop the bleeding. However, if the wound continues to bleed, then proceed to the nearest emergency room or contact the office number(s) listed.

Pain: You may apply an ice pack to the affected area for 10 to 15 minutes every hour.

Please notify us immediately if you see any signs of infection (excessive redness, swelling, yellow drainage, etc.) or if the wound site becomes warm.

Main Office Phone Number: 812-944-7500

Clinical Support:

Angie Adams, MA: 812-920-4668

Candace Worcester, LPN: 812-668-6843

VINEGAR SOAKS

Preparing the Vinegar Solution:

- You will need one clean container with a lid
- 1 tablespoon white vinegar
- 2 cups of bottled water

REMEMBER TO WASH YOUR HANDS BEFORE CLEANSING YOUR WOUND

Combine water and vinegar in the sealed container. **Replace this solution every 2 or 3 days.** This needs to be refrigerated.

- **Before you begin**, thoroughly wash hands with soap and water for at least 30 seconds.
- Then, wash the wound with antibacterial soap and water. Pat the area dry with a clean towel.
- Use a **clean** gauze pad or Q-tip applicator. Pour solution over the Q-tip or gauze pad then gently dab along the suture line.
- After the wound is completely dry, use a new Q-tip applicator to gently apply Vaseline to the suture line.
- Then cover area with a bandage.
- Repeat this procedure 2 times daily for the entire duration instructed.

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