

## MOHS Post-Operative Care

### **Surgery**

#### *What to expect:*

A pressure bandage will be placed on your surgical sites for 2-3 days after your procedure. You can leave the bandages in place until you come to see my nurses a few days after your surgery. At this time, you may schedule a series of routine appointments for the next 3-6 weeks for wound care and instruction.

#### *Recovery/Restrictions:*

- No strenuous activity for at least the first week after your procedure
- Bruising and swelling are expected and will take weeks to go away
- Please contact our office immediately if you experience any signs/symptoms of infection (redness, pain, or fever of 100.4F or greater)

### **Wound**

#### *Wound care:*

The goal is to keep your wounds clean and moist to prevent scabs or crusts

1. Clean wound with equal parts (50/50) water & peroxide with clean Q-tips if crusting is present
2. Next, apply a thin layer of Aquaphor ointment. On the larger forehead wound, apply a layer of Xeroform (yellow gauze provided)
3. Apply Telfa and cover with brown tape
4. Please apply a thin layer of antibiotic ointment or Aquaphor ointment to your ear incision every day

### **Care**

#### *Healing Period:*

For the best healing, please protect the area from the sun Brown tape may be used on the incisions for several weeks. Another method to reduce scarring is the use of silicone dressings (Mepiform).

Mepiform dressings aid with skin moisture and help prevent hypertrophic (rigid, raised) scars and thickening of the scars. You may be asked to begin massaging the scars several weeks after surgery. Scars can be massaged in horizontal, vertical, and circular motions.

*Home Kit provided includes (if not given at time of visit, this is available in the Glassrock Building Suite 6206, Facial Plastic and Reconstructive Surgery clinic):*

Aquaphor: a fragrance-free soothing (bisabolol), and moisturizing (glycerin) ointment

Brown Tape: porous (breathable) tape that is gentle on the skin  
Telfa: a non-adherent pad that will not disrupt the healing process by sticking to the wound  
Xeroform: a (yellow) petrolatum gauze that will help wound retain moisture  
Sunblock: use on all exposed surfaces of the face and reapply as directed

UC Davis Heath Otolaryngology/Facial Plastic & Reconstructive Surgery  
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916-734-2347

### Adult Post-Operative Pain Management

Pain medication is given immediately following your surgery to help with post-operative pain. Upon your discharge home, we suggest scheduled doses of Acetaminophen (Tylenol) every 6 hours and Ibuprofen (Motrin) every 6 hours, alternating between medications every 3 hours (i.e. Take Tylenol and wait 3 hours, then take Motrin and wait 3 hours, repeat) for the first 3-4 days after surgery. If you are without significant pain, medications can be taken more infrequently. *It is important to follow dosing instructions on the medication bottle or prescription.*

**If you need to call after clinic hours for a concern, call the UC Davis Medical Center hospital operator at 916-734-2011 and ask for the “physician on call for ENT.”**

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Sample of medication dosing schedule		
Give dose of:	Time:	Given:
Acetaminophen	12 a.m.	
Ibuprofen	3 a.m.	
Acetaminophen	6 a.m.	
Ibuprofen	9 a.m.	
Acetaminophen	12 p.m.	
Ibuprofen	3 p.m.	
Acetaminophen	6 p.m.	
Ibuprofen	9 p.m.	