

Pre-Operative Mohs Instructions

1. On the day of the surgery please expect to be in our office most of the day. Please do not schedule any other appointments, as the amount of time your surgery will take is unknown.
2. The day of your surgery you may have normal meals unless otherwise instructed by your physician.
3. It is recommended to shower and shampoo prior to surgery, as your dressing site needs to remain dry for 24-48 hours after surgery.
4. Do not apply any make-up, creams, perfumes or aftershave lotions to the area around your cancer site.
5. Wear comfortable loose fitting clothing that can be removed by unbuttoning rather than having to be pulled over your head. This will reduce irritation to the surgery site.
6. If applicable bring a container for contacts and/or dentures if surgery is on the eyelid or inside the mouth.
7. Please avoid the use of alcohol for three days before and two days after surgery.
8. Please refrain from smoking for at least 48 hours prior to surgery and 48 hours after surgery. Smoking can significantly affect the outcome of your procedure. Please be aware that the long-term effects of smoking cause a narrowing of the small arterial blood vessels that traverse the skin. This decreases the circulation of the tissues of the skin and makes it necessary for the surgeon to be more conservative in any surgical procedure. Smoking near the time of surgery causes a further acute narrowing of the blood vessels, which may cause ischemia, poor healing, bad scars, or actual loss of tissue.
9. Please bring a list of medications you are taking for your physician to review. If you are unsure of what medications to take please contact the office.
10. Take all prescribed medication. Do not take any non-prescribed anti-inflammatory medications for 1 week prior to surgery and two days after surgery this includes Aspirin, Aleve, Advil, Motrin and Ibuprofen. Also discontinue the use of Vitamin E, Fish Oil and Ginkgo Biloba.

- If your medical doctor has requested that you be on Aspirin or Coumadin or any other blood thinners please let us know so we can contact your doctor and advise you further.

**If you are coming from out of town be prepared to possibly spend the night before as well as the night after surgery depending on how extensive the surgery becomes. Please contact our office for hotel recommendations.