



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.
- The bandage must stay absolutely dry for 48 hours.
- If the surgical site is on your face, please sleep with your head elevated on two pillows or sleep in a recliner.
- Please avoid sleeping on the affected side.
- If your surgical site is on an extremity (arm or leg) please elevate the extremity in 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 next 3 or 4 days. Men need to take caution when shaving to avoid cutting stitches.

DON'T FORGET TO WASH YOUR HANDS BEFORE CLEANING YOUR WOUND

- After you have removed the bandage you may now get the area wet unless directed otherwise. While in the shower you may gently wash the area or use a vinegar or peroxide solution to clean the wound (see handout). Apply a small amount of Vaseline to the suture line twice a day for one week or one week or until suture removal. You are encouraged to keep the area covered, but this is not mandatory.

Things to watch for:

Bleeding: A small amount of bleeding on the bandage is normal. If you have excessive bleeding apply firm continuous pressure to the area for 15 minutes. This should stop the bleeding. However, if the wound continues to bleed, then proceed to the nearest emergency room or contact the physician on call at the number(s) listed below.

Pain: You may apply an ice pack to the affected area for 10 to 15 minutes every hour. Please be sure the wound remains dry. Extra strength Tylenol is recommended for pain. Please note Kentucky Law physicians are no longer able to call in prescriptions for pain.

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

Please call us anytime if you have any questions or concerns.

Dr. M. Tye Haeberle: 606-922-4968

MOHS front desk: 502-322-1941

MOHS Scheduler: 502-625-2210

PLEASE REMEMBER TO MAKE YOUR FOLLOW UP APPOINTMENT



UNNA BOOT

What is an Unna Boot? The Unna Boot is used to promote healing and improve circulation to the leg(s). This type of bandage dramatically decreases healing time and improves the appearance of the scar.

How does it work? The Unna Boot is a medicated wrap that is applied directly to the leg followed by a light compression bandage. Together this bandage promotes venous return and helps to reduce swelling in the lower extremity.

While you are wearing the Unna Boot:

- **Keep the wound absolutely dry.**
- **Help the boot do its work! When resting, elevate the leg above your heart. You may ambulate with the boot in place. Every step you take increases blood flow to the surgical site.**
- **Check your toes to be sure they are pink and warm.**

Notify the office if the following occur:

- **You develop a sore around the edges of the Unna Boot.**
- **Tingling, numbness or unusual pain in the leg.**
- **Drainage and/ or odor from the Unna Boot.**
- **Increased swelling of the leg.**
- **Change in color or temperature of your toes.**

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Care for Skin Graft after Bolster Removal

- **Your graft is just beginning to attach itself to the site. Extra care is needed to protect the graft for the next 14 days.**
- **You may now get the graft site wet. While showering, please keep the graft site covered and let the water gently run over the site. Let the graft site air dry or gently pat dry.**
- **Clean the sutured area with the vinegar solution (see handout).**
- **Gently apply Vaseline with a Q tip starting at the center of the graft and moving outward in a circular pattern to the periphery of the graft where it is sutured in place. Repeat this twice a day.**
- **Continue to keep the graft site covered for the next 14 days.**

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Wound Care Instructions for Skin Grafts

A skin graft is healthy skin that is used to replace damaged or missing skin. The graft is taken from another part of your body. You will need to take care of the graft and donor sites as instructed so they heal properly. It will take two weeks or longer for the graft to completely attach to the underlying tissue. The graft site may take several months to completely heal.

A bolster holds the skin graft in place to prevent movement of the graft on the underlying tissue, thereby allowing the blood supply growth into the graft. The bolster also prevents fluid from accumulating under the graft such as blood, which could cause the skin graft not to stick or develop circulation.

- The bandage that was put in the office must stay on for 48 hours.
- The bolster (yellow bandage sewn in place) must stay on and stay dry until you return for your next appointment.
- After 48 hours, you will begin care of the graft site.
 1. Gently remove the bandage that was put in the office.
 2. Gently use a clean Q tip to remove any dried blood or ointment from around the bolster. **DO NOT GO UNDER THE BOLSTER.**
 3. Take a clean Q tip and apply Vaseline around the bolster.
 4. Cover the bolster with a small bandage. It is important to keep the bolster covered at all times.

It is important to refrain from strenuous activity (walking only, no lifting, pulling, tugging or jerking).

If your graft is on your face, sleep with your head elevated (equivalent of 2 to 3 pillows). Try to avoid sleeping on the side that the graft is on. If located on an extremity, keep elevated whenever possible; higher or equal to the heart level.

When to call us:

Fever: 100.4F or higher

Pain: Pain that gets worse or does not go away

Bleeding: Bleeding that cannot be stopped by applying pressure

Signs of infection: Including increase in swelling or redness of the graft, white, or bad smelling discharge from the graft, red streaks from the graft site, or pus at the wound site.

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

Please note by the Kentucky Law, physicians are no longer able to call in prescriptions for pain.

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WOUNDS WITHOUT SUTURES/HEALING BY SECONDARY INTENTION

After 48 hours, you may gently remove your bandage and get the area wet at this time.

Remember to wash your hands before cleaning your wound

- **Clean the open wound with the vinegar solution (see handout) twice a day.**
- **Gently apply a small amount of Vaseline or Mupirocin ointment to the open wound using a Q tip applicator, twice a day.**
- **Cover the wound with a bandage.**

Follow the above procedure until your post-operative visit

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 physician on call at the number(s) listed below.

Pain: You may apply an ice pack to the affected area for 10 to 15 minutes every hour. Please note by the Kentucky Law, physicians are no longer able to call in prescriptions for pain.

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

Please call us anytime if you have any questions or concerns.

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Post- Operative Care- Duoderm

- **Leave bandage on surgical site for 48 hours**
- **Remove bandage and clean suture line with a vinegar or peroxide solution (see handout). Pat the area dry, then air dry for 2 to 3 minutes.**
- **Apply Duoderm directly over clean sutures, sticky side down. (Be sure the protective cover of pad is removed). Gently rub for 30-45 seconds. The heat generated from the friction will help adhere the Duoderm to the skin.**
- **Leave the Duoderm dressing on for 5 to 7 days. You can shower with the Duoderm on, but not submerge the Duoderm (no bath, no swimming).**
- **After 5 to 7 days, gently and slowly remove the Duoderm dressing and clean with the vinegar/ peroxide solution. Pat the area dry, then air dry for 2 or 3 minutes. Reapply second Duoderm for the next 5 to 7 days or until your follow-up appointment.**
- **As with any surgery, you are encouraged to take things easy for a few days. Any strenuous activity that would cause heavy perspiration is discouraged for 1 to 2 week. This is to prevent the bacteria that is normally present on your skin from entering the wound area.**
- **Elevation of an extremity may help to lessen the discomfort. An ice pack to the affected area may also be applied for 20 minutes every 1 to 2 hours as needed.**

Things to watch for:

- 1. Itchy redness around the area, your skin may be sensitive to the Duoderm.**
- 2. If any drainage is coming from underneath the Duoderm, remove the Duoderm and check the wound area. Any yellowish, purulent drainage, with redness or heat maybe a sign of infection. If this occurs please call our office immediately.**

Please call us anytime if you have any questions or concerns.

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Vinegar Soaks

After you have removed your bandage, you may begin to use vinegar soaks. Vinegar soaks gently clean the wound, decrease inflammation and inhibit bacterial growth.

Preparing the Vinegar Solution:

- **You will need one clean container with a lid**
- **1 tablespoon vinegar (apple cider or white)**
- **1 pint of water (2cups)**

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

- **Use a clean gauze pad or a Q tip applicator. Pour solution over the Q tip or gauze pad then gently dab along the suture line. You may be asked by your physician to leave the gauze pad in place for 10 minutes.**
- **After the wound is completely dry, use a Q tip applicator to gently apply Vaseline to the suture line. Only a very amount is needed.**
- **Repeat this procedure 2 times daily as instructed.**

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CLEANING THE WOUND WITH PEROXIDE & WATER

After you have removed your bandage, you may begin to use peroxide soaks. The purpose of the peroxide soak is to gently clean the area, decrease inflammation and inhibit bacterial growth.

Preparing the peroxide solution:

- **You will need one clean container with a lid**
- **½ cup of peroxide**
- **½ cup of water**
- **Combine the water and peroxide in the sealed container**
- **Replace this solution every 2-3 days**
- **This mixture will need to be refrigerated**

Soak a clean gauze pad or a q-tip applicator in the solution. Gently dab along the suture line. Your physician may ask you to leave the soaked gauze in place for ten minutes prior to bandaging.

Repeat this process twice a day until suture removal.

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Interpolation/ Para median forehead flap post-op instructions

- **Keep dressing dry and intact x 72 hours**
- **Remove dressing and clean surgical site with a Q-tip using ½ str. Peroxide and ½ water mixture, dry area with another Q-tip**
- **Apply Vaseline/ Mupirocin (whichever the doctor orders) to entire open area and sutured area.**
- **Apply Perform covered with Vaseline/ Mupirocin ointment to open area secure with Telfa bandage.**
- **Do not let a scab or crusty area form. You can prevent this by applying more Vaseline/ Mupirocin to area.**
- **Refrain from bending, lifting more than 10 lb. or any strenuous activity that may cause perspiration until returning to visit.**
- **An ice pack may be used to lessen discomfort and to minimize bleeding. Apply ice pack to area for 15- 20 minutes, ice may be reapplied every hour.**

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