Mohs Surgery Patient Checklist

Date of Surgery: _______ Arrival Time: _______

Significant preparation goes into your surgery setup before you are brought back into the room. You may not be roomed exactly at your surgery arrival time.

1. Preparing for your Mohs surgery:
   □ Read information at https://braviaderm.com/Mohs -- you can also find a 3D video about Mohs here! Mohs surgery offers the highest cure rate, smallest scars, and same day cure for non-melanoma skin cancer. See the SHOPPING LIST at the top of the next page.
   □ If you were referred by another office for surgery, know where your exact biopsy site was and take a picture of it using your cell phone. If a clear photo was not sent with your referral, it may cause significant delays when verifying the surgery site. If your biopsy was done at Bravia Dermatology, we should already have a corresponding photo or diagram so you may skip this step.
   □ Continue to take all prescribed medications unless told otherwise - this includes blood thinners like Aspirin, Coumadin, Plavix, etc. If you are on Coumadin please know your most recent INR. You may stop elective blood thinners like aspirin or fish oil.
   □ Consider the activity restrictions after surgery (i.e. no heavy lifting, exercise – usually one week or more). If you cannot adhere to these restrictions, discuss this with our staff. Your surgery may need to be rescheduled.
   □ If your surgical site is close to an eye (due to the bandage we apply) or if you are worried that you may need an anti-anxiety medication (very rarely needed) you will need to bring someone to drive you home. If you are unsure if you need a driver, please confirm with our staff.
   □ If you smoke or use nicotine, quit or cut back as much as possible before surgery to allow for optimal healing.

2. The day of surgery: (More info at https://braviaderm.com/How-To-Prepare)
   □ Your surgery may last ALL DAY (morning-evening).
   □ Eat a healthy breakfast, and take any regular morning medications, unless otherwise directed.
   □ Bring all of your medications with you on the day of surgery, including those prescribed for your surgery, AND any medications taken during lunch or dinner. Also bring an updated medication list.
   □ Please bring (1) photo ID, (2) insurance cards, and a (3) method of payment - all copays, remaining deductibles, and co-insurance that your insurance carrier considers patient responsibility are due at the time of surgery.
   □ Bring a sweater or jacket, as the rooms may feel cold. Wear comfortable clothing (button or zip-up front, avoid pull-over clothing).
   □ Bring snacks, and fluids, and if you have a morning appointment, consider bringing a lunch.
   □ Bring reading materials, music (headphones), iPad/tablet/laptop, or other items to pass time.
SHOPPING LIST (Items to have available):

- Clean, new tube of Vaseline
- Non-stick gauze (Telfa)
- Paper skin tape (or medical tape)
- Tylenol (acetaminophen)

FREQUENTLY ASKED QUESTIONS

Why does Mohs surgery take so long?

Mohs surgery offers a **SAME DAY CURE** for non-melanoma skin cancers. To achieve this, your surgeon will check ~100% of the margins of the tumor to ensure all cancerous cells are removed. This is done in a lab onsite which means we process and prepare the tissue and slides to be checked under a microscope while you wait. Because the roots of the skin cancer may not be visible on the surface of the skin, it is impossible to predict how many “layers” will be required or how long you will be in the office to clear all of the skin cancer.

Reconstructive surgery is often performed to close the wound after all of the cancer is out. This can be very time consuming to ensure you have the best outcome possible. Sometimes complicated reconstructions like larger skin flaps or skin grafts may be done at the end of the day or rescheduled for another day. We appreciate your patience during this expected wait time.

What should I expect after my surgery?

Usually pain following surgery is very minimal if any and should respond to the over the counter pain reliever Tylenol (acetaminophen) or ice-packs held over the dressing. Expect to take it easy after surgery. Any lifting, exercising, or strenuous activity should be avoided or kept to a minimum. If your job requires a lot of strenuous activity, time off work may be recommended.

All wounds should be kept covered and dry for the first 48 hours. This may mean you are unable to shower or bathe for at least 48 hours after your surgery. You should then expect to keep the wound covered with a dressing for at least 1-2 weeks after surgery. Larger wounds or wounds on the scalp, nose, ear, or hand may require a skin flap reconstruction or a skin graft done in the office. These wounds may require you to leave the original dressing put on by Bravia Dermatology in place for one full week. You will receive more detailed written instructions after your surgery.