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# **GUIDE**

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## **Mohs Surgery and Surgical Dermatology Clinic**



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The Ottawa Hospital | L'Hôpital  
d'Ottawa



***Disclaimer***

*This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.*

**P809 (04/2010)**

Printed at The Ottawa Hospital

Patient \_\_\_\_\_

is scheduled for Mohs surgery

with Dr. \_\_\_\_\_

**Your surgery appointment:**

Date \_\_\_\_\_

Time \_\_\_\_\_

**Location:**

Mohs Surgery and Surgical Dermatology Clinic  
The Ottawa Hospital – Civic Campus  
Civic Parkdale Clinic Building  
737 Parkdale Ave.,  
Room 428, 4th floor  
Ottawa ON  
613-798-5555, ext. 14069

# ***Pre-operative Instructions***

On the day of your scheduled surgery, please follow these instructions:

1. Have a light breakfast.
2. Bring to your procedure a list of all your medication or simply bring all the medication you are taking.
3. **Take all regular medication unless otherwise directed by a doctor.** Please inform the doctor or the nurse if you are taking any anti-inflammatory or blood thinning medication (such as Plavix (Clopidogrel), Ecotrin, vitamin E, Coumadin (warfarin), and Aspirin).
4. Bring a list of all previous surgeries.
5. Wear comfortable clothing.
6. Because it is difficult to estimate how much time your surgery will require, we advise that you bring some reading material and a snack. Expect to spend the entire day at the clinic on the day of your procedure.
7. Report to the **Mohs Surgery and Surgical Dermatologic Clinic**. The clinic is located on the 4th floor of the Parkdale Clinic, on the Civic Campus of The Ottawa Hospital. The complete address is on the front of the booklet and a map is on the next page.
8. Parking is available for the day at a fee of \$13 in the main parking garage, P1 of the Civic Campus or in the outside lot on Carling Ave., P7. Please see the map on the next page.



# ***What to Expect After Surgery***

## **Important contact numbers for post operative concerns such as bleeding or pain:**

1. Before 3:30 p.m. the day of your surgery, call 613-798-5555, ext. 19314 and ask to speak to Dr. Mamelak or his nurse.
2. Monday to Friday until 3:30 p.m. call the Dermatology Office at 613-761-4774.
3. After 3:30 p.m. or if you are unable to reach the Dermatology office, call 613-798-5555 and ask locating to page the Mohs Dermatology resident on call.
4. After 5 p.m. call 613-798-5555 and ask locating to page the Dermatology Resident on call.

**During the week after surgery smoking is prohibited, as this will affect the healing of the surgery site.**

## ***Swelling, Redness, and Drainage***

It is completely normal to have some swelling and redness about the wound site after surgery. This redness and swelling will gradually disappear over the next few days to a week. Also, there may be some drainage from the wound. This should also stop after a few days.

# ***Bleeding***

## **Bleeding is rare, but if it occurs, please follow these instructions:**

1. A bulky pressure dressing is in place over the wound, this should not be removed.
2. Lie down and apply firm pressure to the site with a clean gauze pad directly over top of the bandage that is covering your wound.
3. Direct and constant pressure should be applied for 15 minutes. Do not stop holding pressure until 15 minutes has elapsed, or the bleeding has stopped.
4. If the bleeding continues after 15 minutes, apply pressure to the site for an additional 20 minutes. Make sure the pressure is constant and the gauze is not removed and checked during this time. No PEEKING!
5. When the bleeding stops, the original pressure bandage may require additional tape to better secure it to the wound. If the original bandage is soaked with blood from the bleeding episode, remove it and replace with a fresh bandage. If a new bandage is applied, it is recommended to apply pressure over the fresh bandage to ensure the bleeding does not start again.
6. If the bleeding still has not stopped, call the emergency contact numbers listed on page 4 or go immediately to the nearest emergency room.

## **Pain**

It is normal to have mild to moderate pain for a day or two following the procedure. Ice packs may also be used for pain relief in the first 24 hours. Ice packs can be applied to the surgical site over top of the bandage for 10 to 15 minutes every hour. Please ask one of our clinical staff members for additional instructions.

If this pain is persistent, oral pain medications may be taken (Extra Strength Tylenol or prescription pain relievers). Please do **not** take pain medications containing aspirin or ibuprofen as they may cause bleeding.

If there is no relief from the pain with the use of regular pain medications or if the condition worsens after three to four days, call the contact numbers on page 4.

## **Materials for Dressing Your Wound**

Starting the day after your first bandage change, you must continue to have your dressing replaced with a new one daily in order to enable the wound to heal. With proper care, you will be surprised at how well and rapidly your wound heals.

The following materials **may be needed** after your surgery. **We suggest you do not purchase these items until after surgery.** The amount of supplies needed depends on the extent of your surgery.

1. Aquaphor ointment or Vaseline
2. Gauze pads
3. Telfa non-stick pads
4. Micropore paper tape

*\* Generic, less expensive products are fine.*

## ***How to Dress your Wound***

It is recommended that you do not get the wound site wet for the first 48 hours. After 48 hours, you may shower with the dressing in place and change the dressing afterwards according to the following directions:

1. Remove the old dressing by soaking it with water and then discard it.
2. Clean the wound gently with plain water and pat dry only.
3. Apply the ointment to the wound once the wound is dry.
4. Completely cover the wound with gauze or band-aid.

***\* Always keep open wounds covered unless otherwise instructed by a health professional. Do not let the wound “dry out” and do not leave it exposed to the air.***

***Further instruction will be given to you at the time of your surgery.***

## ***Further Precautions/Recommendations***

The most important single cause of skin cancer is long-term sun exposure.

The highest incidence of skin cancer is found wherever the sun is most intense. Therefore, it is important for patients with skin cancer to protect themselves as much as possible from the sun. Sunscreen should be applied every morning, 365 days a year.

Usually, one application of sunscreen will be sufficient for the entire day. However, with longer exposure to the sun (i.e. when playing golf, gardening, fishing, etc.) the sunscreen must be reapplied.

