

Jason R. Litak, M.D.

Fellow of the American College of Mohs Surgery

Santa Monica Dermatology

2001 Santa Monica Blvd. Suite 990W

Santa Monica, CA 90404

(310)829-4484

MOHS PREOPERATIVE INSTRUCTIONS

1. Please ensure that you are scheduled for two separate appointments on different days. The first appointment is for the removal of the skin cancer via the Mohs procedure. The second is for repairing/suturing the skin and needs to be scheduled with enough time for meticulous suturing technique. The duration of the first appointment for the Mohs procedure is unpredictable, which precludes scheduling the suturing on the same day.
2. For your first appointment for the Mohs procedure, plan on being here 2-5 hours, on rare occasion it can take longer. Most of this time is waiting for results. Do not schedule any other appointments that day.
3. If possible, please have a driver planned, especially if the procedure is around your eye. There will be a bulky pressure bandage in place for 48 hours after the procedure. The bandage may obscure your vision and your ability to drive safely. Also, after surgery, you may not feel up to driving yourself.
4. You will have a large bandage for 48 hours following your procedure, and bruising and swelling are likely to occur. Be mindful to adjust your social calendar to allow a couple of days after the procedure for recovery.
5. For the first 48 hours activity will be limited. Restrictions include avoidance of exercise, heavy lifting, and bending over (if your surgery is on the head or neck). Other restrictions include not submerging the wound in water until it is fully healed (no bath, pool, jacuzzi, lake). Showering is OK, but the initial bandage must stay dry for 48 hours.
6. Shower the evening or morning before your procedure. Shave the site if it has hair. You may want to wear a shirt or blouse that buttons up the front so that you will not have to lift tight clothing over your bandage.
7. Take your regular medication as prescribed by your doctor (bring them with you if you need them throughout the day). If you are on Coumadin, please have your INR checked within one week of your procedure (must be < 3.5).
8. Do not take over-the-counter aspirin or aspirin-containing medicines for 1 week prior to your procedure. However, if you are taking aspirin for heart attack or stroke prevention because your doctor has recommended it, please continue to take it.
9. Do not take garlic, ginger, ginko, ginseng, feverfew, fish oil, vitamin E or any other supplements that increase the risk of bleeding for 1 week prior to your surgery.
10. Eat normal meals and snacks on the day of your procedure.

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11. Bring a lunch, snacks, and plenty of reading material (books, electronics) for the waiting for results during the Mohs procedure.
12. Please notify us at least 72 hours in advance if you need to reschedule. We are available to answer any questions you may have before your procedure, 310-829-4484.