

# SKIN *and* CANCER CENTER of Arizona

*An Established Tradition of Medical Excellence*

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## **Top 10 things you need to know about your Mohs surgery day!**

1. Please eat breakfast. You will be awake during the entire surgery. We use only local anesthetic, and you are allowed to eat before surgery, between stages, and after surgery.
2. Plan on being at the clinic all day. On average, most surgery days last approximately 4 hours from when you first walk in to when you walk out; however, some surgeries can last all day. Do not schedule anything after your surgery other than going home to relax.
3. Feel free to bring a snack. You will be able to eat between stages while we wait for the slides to be processed. Water and coffee will be available upon request.
4. Driving home. On most occasions, if you were able to drive yourself to the clinic, you will be able to drive yourself home; however, if your cancer is close to your eyes, your cancer is large or it is on an area that you use when driving (i.e. hand, elbow, knee, foot), someone else may need to drive you.
5. Consider bringing something to keep yourself occupied. There can be a fair amount of time while the tissue is processing (40 minutes or more) between the stages of your surgery. Magazines will be available, but if you want to listen to music, play on your laptop, read a book or knit, we welcome you to bring them in and do so.
6. We permit one guest in the room with you during your Mohs procedure. We ask that they stay seated while we are operating.
7. After your surgery is complete and you are home, we recommend that you do not exercise for at least 48 hours. This is our recommendation because when you exercise your pulse and blood pressure will increase. These increases will put you at risk for post-operative bleeding and a poor surgical outcome.
8. For patients who have lesions on their arms, legs, or trunk, you will need to be extra careful with your daily activities and movements for at least 2 weeks after the procedure.
9. After your surgery, you will be permitted to take a shower the next day; however, you cannot take a bath, go swimming, jump in a lake, or go surfing for at least 2 weeks after the surgery. This rule is in place to help protect the wound from infection.
10. You will be covered with sterile protective sheets during surgery. Please do **NOT** wear nice clothing, but rather comfortable, loose fitting clothing due to the risk of potential staining from the procedure. Avoid wearing make-up, perfume, nail polish, and jewelry, especially if these are in the location of your surgery.

Please read both the hand-out on Mohs micrographic surgery before your appointment, and the wound care instruction sheet you will be given after your surgery.

The Mohs team looks forward to seeing you soon.

Sincerely,

Joseph P. Janik, MD  
Fellowship Trained Mohs Micrographic Surgeon & Procedural Dermatologist

