

## Activity Restrictions

The first 48 hours are the most critical time after your surgery.

Please do the following:

- Go home and sit in a recliner with your head elevated if possible and your feet propped up.
- Sleep with an extra pillow to elevate your head.
- Avoid bending over to decrease possible complications of bleeding, swelling, and pain.
- Avoid any blood thinners including Aspirin (unless prescribed by your primary care doctor), Ibuprofen, Advil, Aleve, Motrin, and alcoholic beverages.
- Only take Tylenol or pain medication prescribed by our office to control pain.

For two weeks following Mohs surgery:

- Do not participate in sports or exercise.
- Do not engage in any activity that increases your heart rate.
- Do not lift anything heavier than a gallon of milk.
- Do not shave over the sutures.
- Avoid smoking.
- Do not drive or drink alcohol when taking any prescribed pain medication.

\* If Mohs surgery is performed near your eye (above or below), you may experience a black eye, severe swelling, or what appears to be a blister above or below your eye. These are not abnormal or unexpected and should resolve in a week or two.

\* If bleeding occurs, leave the bandage in place and **apply direct, firm pressure to the area for 15 minutes without peeking**. If you are still bleeding, repeat this and apply pressure for another 15 minutes without peeking. If bleeding persists, please contact us.

If you have any concerns, please call our office at (704) 230-1302.

*We will return your calls as soon as possible. If you are experiencing a life-threatening event, please call 911 or seek help at the nearest emergency department.*