



PENINSULA
DERMATOLOGY
and laser clinic

Mohs Surgery with Dr. Robbins

What to Expect Before, During and After Your Procedure

Mohs micrographic surgery is a precise technique that allows us to remove your skin cancer while preserving as much healthy tissue as possible and obtaining the highest cure rate. The procedure is done in stages during the same visit, so you can go home the very same day with peace of mind that your cancer has been completely treated.

Before Your Procedure

Plan for your visit:

- Expect to be at the office for 2 to 4 hours.
- Bring a book, headphones, or something cozy to pass the time while we process your tissue between stages.
- Dress comfortably and bring a warm layer or blanket in case you get cold.

The night before:

- Take a shower — your bandage will need to stay dry afterward.
- If there's hair near the area being treated, you may trim or shave 1–2 days before, but please do not shave on the day of surgery.

On the day of surgery:

- Come clean and natural — no makeup, moisturizer, sunscreen, or perfume.
- Eat normally unless instructed otherwise.
- If your surgery is on the nose, eyelid, forehead, temple, or upper cheek, please arrange for a driver, as you may leave with a bulky bandage and limited visibility.

Medications:

- If you take blood thinners such as aspirin, Advil, ibuprofen, vitamin E, ginkgo, or garlic supplements for preventive reasons only (not prescribed by your doctor), please stop them 7–10 days before surgery.
 - You may restart them 3 days after the procedure.
- Continue any prescription medications as directed by your prescribing physician.

During the Procedure

- The area will be completely numbed with local anesthetic — you will not be put to sleep.
- Dr. Robbins will remove the visible cancer with a very narrow margin and examine it under the microscope in our on-site lab.
- Each stage takes about an hour to process. If cancer cells remain, only that exact area is re-excised and checked again until the margins are clear.
- Once the cancer is fully removed, Dr. Robbins will repair the area to achieve the best cosmetic and functional result.

After Your Surgery

Rest is key:

- Be a “couch potato” for 3 days after your procedure.
- Avoid bending, heavy lifting, or straining — this minimizes bleeding and swelling.
- Most bleeding risk is in the first 3 days, so limit activity and keep your head elevated when resting.
- No vigorous activity for 2 weeks until you build a good amount of scar strength.
- If a skin graft is performed, you may need to take it easy for up to 3 weeks.

Bandage care:

- Your bandage will stay on for 2–7 days, depending on your repair type.
- Do not get it wet — another reason to shower the night before.

Swelling & comfort:

- Mild swelling and bruising are normal.
- Keep a bag of frozen peas or a reusable ice pack ready at home; apply for 15 minutes every hour while awake for the first three days.
- Extra strength Tylenol can be taken for discomfort

Follow-up:

- We'll see you back in the office 1–2 weeks after surgery to check healing and remove stitches if needed.
- Please make sure you'll be in town and available during this time.

Final Thoughts

Mohs surgery offers the highest cure rate and the smallest possible scar for skin cancer treatment. Our team is here to make your experience as comfortable and successful as possible. If you have any questions before or after your procedure, please don't hesitate to reach out to us.