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MOHS Micrographic Surgery

### **PIGMENTED LESION POST-TREATMENT GUIDELINES**

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin.
- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to **avoid the following**:
  - Applying cosmetics to treated areas.
  - Swimming, especially in pools with chemicals, such as chlorine.
  - Hot tubs, Jacuzzis, and saunas.
  - Activities that cause excessive perspiration or any activity that may raise core body temperature.
  - Sun exposure and tanning in treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
  - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- The lesion may initially look raised and/or darker with a reddened perimeter.
- The lesion will gradually turn darker over the next twenty-four to forty-eight (24-48) hours. It may turn dark brown or even black.
- The lesion will progress to darkening and/or crusting and will start flaking off in an average of seven to twenty-one (7-21) days.
- The lesion is usually healed in twenty-one to thirty (21-30) days. It will continue to fade over the next six to eight (6-8) weeks.
- **Do not to pick or pull at darkened lesions as scarring may occur.**

### **PIGMENTED LESION POSSIBLE SIDE EFFECTS**

- Prolonged itching, redness, and blistering.
- Hair removal in treated area.
- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles.
- Removal or lightening freckles.
- Scarring.

Please contact our office should you have any questions: 805-379-3376