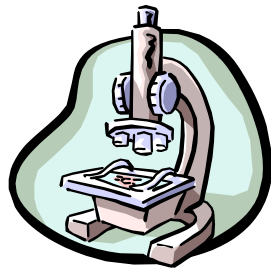


# A Patient's Guide To Mohs Micrographic Surgery



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## **WHAT IS MOHS MICROGRAPHIC SURGERY?**

Mohs Micrographic Surgery enables the physician to get to the roots of skin cancer by combining the surgical removal of cancer with the immediate microscopic examination of the tumor and underlying disease. Using the technique, Mohs surgeons are able to see beyond the visible disease and to precisely identify and remove the entire tumor while preserving as much healthy tissue as possible.

## **PREPARING FOR SURGERY**

### Medical History

Please update your medical history with us prior to the procedure. In addition, if you have a pacemaker, require prophylactic antibiotics, or have had previous reactions to anesthesia, please inform your doctor prior to the surgery.

### Medications

You should continue any medications prescribed by your doctor. Aspirin and Vitamin E, however, are drugs that can prolong bleeding. Avoid aspirin (including Anacin, Excedrin, Alka Seltzer and Percodan) and Vitamin E for one week prior to surgery, unless it has been prescribed for medical reasons. Also, if you are taking any blood thinners (Coumadin), please continue your medications as directed by your doctor. In addition, avoid alcoholic beverages 24 hours before surgery.

### Plan for an Entire Day in Our Office

Since we do not know in advance how much time is necessary to remove the cancer and repair the wound, we ask that you make no other commitments for the entire day that you are scheduled for surgery.

### Transportation

In most cases, you should be able to drive yourself to and from our office. Although, you may feel more comfortable if your companion is able to keep you company in the waiting room while your tissue is being analyzed.

### Bathing and What to Wear

We recommend a bath or shower the evening before or the morning of your surgery. Please wear comfortable clothing and a shirt that buttons down the front the day of surgery.

### Cosmetics and Jewelry

Do not apply make-up, creams, perfumes, or aftershave lotions the day of surgery. In addition, please leave any jewelry that may need to be removed at home.

### Contact Lenses/Denture Containers

If applicable, please bring a container for contact lenses and/or dentures along with you the day of surgery (i.e. surgery on the eyelids or inside the mouth).

### Meals

You may eat normal meals the day of surgery unless otherwise instructed.

### Please Be Prompt

Please plan to arrive at least 15 minutes prior to your scheduled appointment in order for your medical chart to be prepared.

## **THE DAY OF SURGERY**

Mohs surgery appointments are scheduled early in the day. After being escorted into our surgical suite, Dr. Yu will first numb the area around the skin

cancer. Once it is numb, the visible skin cancer and a thin layer of tissue will be removed. Dr. Yu will then carefully map and code the tissue. Afterwards, the specimen is taken to an adjacent laboratory, where our technician will immediately process the microscope slides. The nursing staff will then place a temporary dressing over the wound and you will be free to return to the waiting room.

The surgical procedure alone takes only 10-15 minutes. However, it takes a minimum of 45-60 minutes to process and prepare the microscope slides in order to examine the tissue. Several surgical stages and microscopic examinations may be required and you will be asked to wait between stages. Although there is no way to tell before surgery how many stages will be necessary, most skin cancers are removed in 3 stages or less.

To make the time you spend with us as pleasant and comfortable as possible, you may want to bring reading material to occupy your time while waiting for the microscopic slides to be processed and examined. If your visit extends through the lunch hour, your companion may visit a nearby café and bring you a snack or lunch.

## **AFTER THE SURGERY**

### Will I have pain or bruising after surgery?

Pain after your surgery is usually minimal. Tylenol, two tablets every 4-6 hours, should help relieve any discomfort. You may have some bruising around the wound, especially if the surgery is close to the eye. You will be given specific instructions on wound care and dressing changes after the surgery.

### Will I need to come back?

Usually one or two return visits are needed to remove stitches or examine the healed surgical site.

After having one skin cancer, statistics show that you have a higher chance of developing a second skin cancer. You should have your skin checked by your referring physician at least once each year, not only to examine the treated skin cancer, but also to check for new skin cancers.

### Will the surgery leave a scar?

Yes. Any form of treatment will leave a scar. Mohs surgery removes as little normal tissue as possible thus scarring is minimized. Immediately after the cancer is removed, we may choose 1) to allow the wound to heal by itself, 2) to repair the wound with stitches, 3) to reconstruct the wound with a skin graft or flap, or 4) to refer you to another surgeon for wound repair. The decision is based on the safest method that will provide the best cosmetic result.

## **THOMAS C. YU, M.D.**

Dr. Yu is the Director of Dermatologic Surgery at the Dermatology & Clinical Skin Care Center. Dr. Yu is board certified in dermatology and Mohs Micrographic Surgery.

He received his medical degree with honors at the University of Maryland School of Medicine and completed his internship in internal medicine at the Johns Hopkins Bayview Medical Center. Dr. Yu performed his residency training in dermatology at Columbia University's St. Luke's-Roosevelt Hospital Center, where he served as Chief Resident. He then completed his fellowship in Mohs Micrographic Surgery & Dermatologic Surgery at Columbia University's Center for Laser and Dermatologic Surgery.

Dr. Yu also served as an assistant attending at the Columbia University Presbyterian Hospital Department of Dermatology and is the author of

multiple articles and book chapters regarding cutaneous oncology, reconstructive surgery, and dermatologic surgery. His interests include cutaneous oncology and facial reconstructive surgery.

## **DIRECTIONS TO OUR OFFICE**

### From Northern Virginia Via The Beltway

Cross the Potomac into Maryland. Bear left and Rte 270 North towards Rockville and Frederick. Take the Democracy Blvd East exit (1A). Turn left onto Rockledge Dr. (3<sup>rd</sup> light). Make the first U-turn and park in the lot nearest the last building on the right.

### From Beltway (Route 495 West)

Take exit 36 (Old Georgetown Rd, Rte 187). Go about one mile North towards Rockville (3 lights Turn left on Democracy Blvd. After 1 block, turn right on Rockledge Dr. Make the first U-turn and park in the lot nearest the last building on the right.

### From Route 270 South

Bear right where 270 divides and take Exit 1. Turn left onto Democracy Blvd and go towards Old Georgetown Road. Turn left onto Rockledge Dr. (1<sup>st</sup> light after Fernwood). Make the first U-turn and park in the lot nearest the last building on the right.

### From Route 355

Turn onto Old Georgetown Rd and go South towards Bethesda. Pass Georgetown Square Shopping Center and make an immediate right onto Democracy Blvd. After one block, turn right onto Rockledge Dr. Make the first U-turn and park in the lot nearest the last building on the right.