



DERMATOLOGY & PLASTIC SURGERY OF ARIZONA

Directions to Our Office

Sierra Vista address: 150 S. Coronado Drive Suite 110. We are located behind the Walgreens on the corner of Fry Boulevard and Coronado Drive. **Phone: 520-458-1787**

Tucson address: 5101 North Oracle Road, Suite 121. We are located on the Northwest side of River Road next to Tesla. **Phone: 520- 207-3100**

Mohs Micrographic Surgery

Mohs micrographic surgery is a specialized surgery used to treat skin cancer that is performed as an in-office procedure. Skin cancer is a curable disease if recognized in the early stages and appropriate surgical therapy is instituted.

Mohs surgery is a specialized treatment for the removal of skin cancer. This method was developed by Dr. Frederic Mohs in the early 1930's. Mohs Micrographic Surgery (MMS) is the most effective method available today. It offers a cure rate of up to 99% for skin cancers and a 95% cure rate for cases that are recurrent after other treatment methods have failed.

Skin cancers start in the uppermost layers of the skin and invade the tissue below and to the sides like "roots of a tree." It is impossible to judge the extent of a tree's root system by observing what can be seen above ground. In order to cure the cancer, the root system must be completely removed. Since the "roots" are so small, they can only be seen with a microscope. Only a method that traces out the tumor under microscopic control can determine how deep or extensive the cancer actually will be.

This method has been refined, updated, and now is recognized universally by experts as the most reliable method for curing skin cancers, whether they are primary or recurrent. Due to the complexity and cost of this procedure, in certain anatomical locations, such as the face, it is important to remove all cancer but conserve as much normal tissue as possible. It is used for aggressive tumors, cancers that develop on skin that was previously irradiated, for cancers that recur after treatment by other methods or cancers where maintenance of function is important. More information may be found at www.mohscollege.org and www.skincancermohssurgery.org.

Prepping for Surgery:

- Stop taking **ALL** vitamins/supplements such as Fish Oil, Vitamin E, Gingko Biloba and Garlic **1week** before surgery.
- **Please check with the prescribing physician prior to stopping these medications:**
 - **Aspirin and/or Plavix**- recommend stopping **1 week** before surgery.
 - **Eliquis, Pradaxa, Xarelto**- recommend stopping **1-2 days** before surgery.
 - **Coumadin/Warfarin**- recommend stopping **5 days** before surgery.They may be resumed the following day unless we have concern for heavy bleeding following your Mohs surgery and reconstruction.
- Please purchase either Aquaphor or Vaseline ointment, non-adherent dressing (telfa), Q-Tip's and paper tape (over the counter) prior to your surgery as you will need these for post-operative care.
 - Surgery supply kit is available for purchase in our office. The kit includes 14 non-adherent pads, one roll of 1inch paper tape and two small jars of Vaseline for one week of wound care.
- **Depending on the type of closure, physical activity may be restricted for one week or longer following Mohs Surgery. Please plan accordingly.**

Day Before Surgery:

- Do not drink any alcoholic beverages (wine, beer, etc.) 24 hours prior to or 24 hours after your surgery, as this will significantly increase your risk of bleeding.

- If your cancer is around your eyes, please plan on having someone else bring you to the appointment and drive you home, as bandages after surgery may obstruct your vision.

Day of Surgery:

- Please take your prescription medications (other than those listed above) as you ordinarily would on the morning of your surgery.
- Shower and wash your hair the morning of surgery.
- You should eat breakfast/ lunch before arriving at our office because it is possible that you may be in our office for most of the day.
- Wear comfortable clothing. We suggest you wear something that buttons, snaps, or zips, and can be removed without pulling over your head.
- Please do not wear any make-up the day of surgery if your site is on the head or neck.
- Please shave any hair near the surgical area the day of the surgery. This will help us to better see the area and be able to put a bandage on after surgery.
- If you take any anti-anxiety medication before the surgery, you will be required to have a driver.

NO NICOTINE PRODUCTS OF ANY KIND DURING YOUR MOH'S PROCEDURE OR THE HEALING PROCESS. THIS INCLUDES SMOKING, VAPING OR SMOKELESS TOBACCO. This causes blood vessels to constrict, impairing the healing process.

What to Expect the Day of Surgery:

- The cancer will be outlined with a marking pen, and then a local anesthetic is injected to numb the skin.
- Next is to remove the cancerous tissue systematically. A map is made as the tissue is removed to record the exact anatomical location of each piece.
- The layer of tissue is removed and color-coded with dyes. This coding lets us distinguish top from bottom, and right from left. It also allows us to pinpoint the exact location of any remaining tumor during microscopic examination.
- The pieces are rapidly frozen for cutting, mounted on slides, and stained.
- Your doctor then reads these slides to determine how far the cancer has spread and how much tissue must be removed for complete recovery. Examination of the underside of the tissue and of the outer skin edges will show the depth and width of the cancer.
- If cancer cells are present in the examined tissue, a second layer must be removed. This procedure will be repeated as many times as necessary until there is no further evidence of cancer cells.
- Plan on spending half the day with us as it is impossible to predict how many stages of Mohs surgery a patient will need. Each stage can take 1-2 hours to process, and reconstruction can take an hour or more.

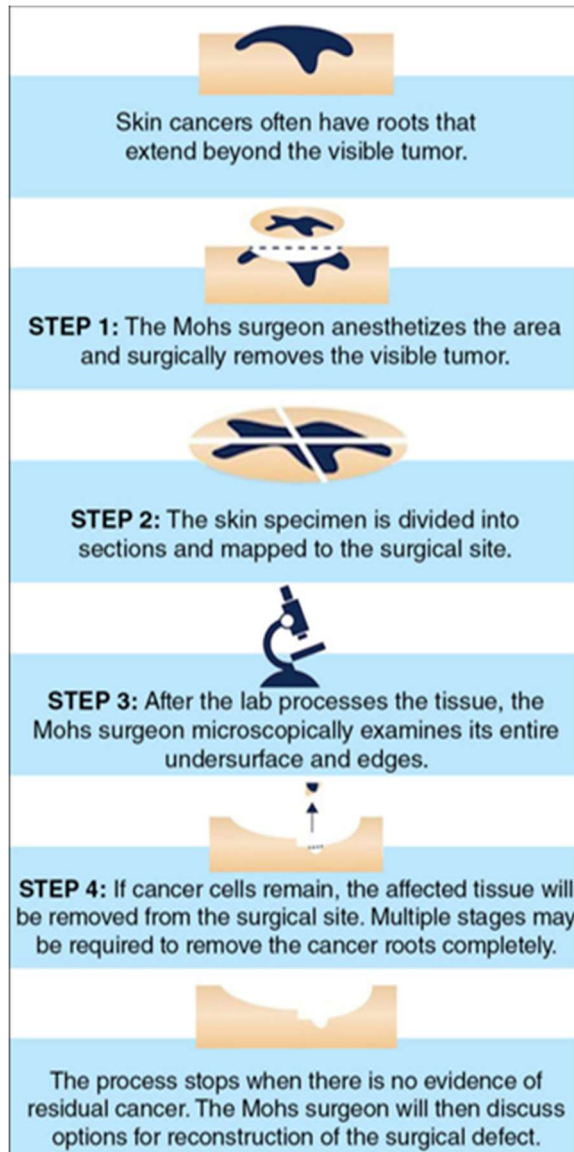
While the tissue is being processed, you will be bandaged and allowed to wait in the waiting room. The processing time is typically one hour, though it may take longer. You are encouraged to bring reading material to occupy your time while waiting for your microscope slides to be processed and examined. In addition, we offer Wi-Fi access for your cell phone, tablet or laptop. You will have the opportunity to leave the office for lunch if your surgery extends over the lunch hour. However, you may want to bring a bottle of water and a small snack. Once your doctor has examined your tissue, you will be brought back to the exam room either to have more tissue removed or to have your wound repaired.

After all the cancer is removed, there will be a defect/hole where the cancer was. The defect/hole is repaired during your visit, usually with sutures. Sometimes skin from an adjacent area is used to repair the defect, this is called a skin flap. In some instances, a skin graft will be done in which skin from a distant site is completely removed and then used to "cover" the defect. The method used to repair the defect depends on many variables. Your doctor will discuss the options for repair with you after your skin cancer is removed.

What to Expect After Surgery:

You will be given postoperative instructions by your medical assistant as well as instructions to go home with you. There will be mild to moderate discomfort for the first 24-48 hours following surgery. You may take two (2) acetaminophens (Tylenol) together with two (2) Ibuprofen every 4-6 hours as needed for pain. Ice packs are very helpful in reducing pain and swelling. They should be applied 10-20 minutes every hour.

Diagram of Mohs Surgery





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Dermatology & Skin Surgery Cancellation Policy

Our cancellation policy helps to ensure that our offices run smoothly for all our patients. Appointments are reserved exclusively for each patient. We understand that unanticipated events happen occasionally. In our desire to be effective and fair to our employees and our clients, the following policies are honored at Dermatology & Plastic Surgery of Arizona.

If you need to cancel your appointment, please notify us of the cancellation at least 24 hours prior to your scheduled appointment. For example, if you are scheduled for Thursday at 9 a.m., you should call us before 9 a.m. on Wednesday.

This allows the opportunity for another patient to schedule an appointment. If you are unable to give us 24-hour advance notice you will be charged a "no-show" cancellation fee for your appointment of the following amount.

- Regular Appointments: \$50
- Excision Appointments: \$100
- Mohs Surgery: \$100

The cancellation fee amount depends on the type of appointment. Patients who fail to attend a scheduled appointment and those who fail to notify our office of a cancellation at least 24 hours in advance must pay the resulting cancellation fee prior to their next scheduled appointment unless the charge is processed with a payment on file.

Insurance will not cover charges for no show/late cancellation fees. These charges are in addition to any other charges you may have incurred. No refunds will be given. Repeated missed appointments may result in your physician sending a letter discharging you from the practice.

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