



225 State Highway 35, Suite 208  
Red Bank, New Jersey 07701

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## INSTRUCTIONS FOR YOUR APPOINTMENT

Mohs surgery is a highly specialized method of skin cancer treatment. Enclosed is a pamphlet that reviews this technique as well as other options for treating skin cancer. Because of the characteristics of your lesion, Mohs surgery was recommended.

Below is information to help you better plan for the day of your procedure.

Eat a good breakfast prior to visiting the office as you can be here for several hours. If you have coordinated reconstruction with another surgeon, please check with that surgeon's office if you have any restrictions on eating.

It is recommended that you dress comfortably.

Because the procedure is performed under local anesthesia, you are able to drive yourself. However, if the skin cancer is in an area where a thick bandage will impede the use of glasses or obstruct your vision, you will need to have someone drive you home.

Local anesthesia is used and you will be awake during the procedure. Mohs is done in stages. During each stage, tissue is removed and brought to our in-office laboratory for examination. The wound is dressed and you are permitted to sit-up and read or pass time in a non-physical capacity. The first stage will likely take an hour (sometimes more or less). This includes the time for the laboratory work. If tumor extends to a margin, additional tissue is removed and again prepared and examined as above. Surgery continues until all margins are clear of tumor. The nature of this procedure is such that it may take one hour to several hours depending on the extent of the tumor.

Once the tumor has been removed, repair options will be discussed and if appropriate, one will be performed. Occasionally, a wound is allowed to heal by itself and no repair is performed. At other times, depending on the extent of the defect, you may be referred to a plastic surgeon.

At the conclusion, an appointment will be made for follow-up. This appointment is typically performed one week after surgery but may vary depending on the circumstances of the surgery.

Expect to avoid gym work or other vigorous physical activity for at least one week after your surgery. The surgical site, in most cases, can get wet in a shower after 24 hours but swimming or immersion of the site is not recommended. The final recommendations on restriction can only be determined at the time of surgery. Verbal and written instructions on how to care for the site will be provided on the day of your surgery.



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Periodic follow-up visits should be made with your referring dermatology provider to assess for new cancers or for recurrences in previously treated sites. Although Mohs surgery has an excellent cure rate, a small number of patients have recurrences and it is recommended that all return appointments be kept.

Continue all of your prescribed medications. If you are on aspirin or other blood thinners as prescribed by another physician, these should be continued unless specifically addressed otherwise during consultation.

Over the counter medications that we recommend you stop at least one week prior to your surgery include: vitamin E, fish oil, garlic, and ginkgo biloba as these can contribute to bruising and bleeding.

**If required by your insurance, please obtain the proper referral PRIOR to your appointment.** This referral must be for Christopher B. Kruse, M.D., LLC. You may need the following NPI number: 1457598112.

Please contact our office at 732-747-5500 if you have any questions. Thank you.

Christopher B. Kruse, M.D.  
Fellowship trained Mohs Micrographic Surgeon  
Member, American College of Mohs Surgery  
Member, American Academy of Dermatology

INSTRUCTIONS:

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