

## **Post-Op Excision and Mohs**

### **Pain Relief Recommendations**

The safest and most effective pain control is ice if used appropriately. Use a frozen bag of vegetables (preferably peas) or a bag of ice, and put on top of a towel or washcloth to the affected area. NEVER put ice directly on the skin, and limit application to 5 minutes per hour to avoid frostbite (freezing the skin). This will help reduce discomfort/pain, swelling, and bruising.

If the affected area is an extremity (arm or leg), elevate the affected limb ABOVE chest level to reduce swelling and discomfort. This is best done in a reclined position with pillows. Move the toes or fingers to help circulation and reduce swelling.

It is ok to alternate Tylenol and Ibuprofen OTC if you have no liver or kidney problems and ok with your primary doctor/provider. It is important to take this medicine with food and for the shortest duration possible. Take as directed on the bottle and as needed if ice is not sufficient. If your discomfort is still persistent or becomes worse, please contact our office at 719-531-5400 or go to the Emergency Room if we can't be contacted.

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