

WOUND CARE INSTRUCTIONS

Taking good care of your wound will help the wound heal faster and will improve the appearance of the scar.

Change dressing daily:

1. Remove the original dressing 24 hours after your surgery. You may need to soak the bandage with water if it is sticking to the wound.
2. Gently clean wound with either hydrogen peroxide or regular soap and warm water. **Do not rub the area.**
3. Apply a layer of Vaseline ointment with a Q-tip.
4. Cover the Vaseline with a piece of the non-stick dressing (Telfa). If the wound is large or draining, place some gauze over the non-stick dressing.
5. Secure the dressing with paper tape.

Repeat the above process at least once a day until the stitches completely dissolve or are removed. Dressing is not needed when the oozing has stopped, but continue to apply Vaseline. If sutures were not used or if the wound is healing by itself, then the healing process may take several weeks.

For additional wound care supplies, your local pharmacy (i.e., Walgreens, Medicine Shoppe) is able to order at your request and may have some supplies on hand in store.

What to expect after surgery:

1. Swelling and redness may occur around the wound for several days. If the procedure took place around the eyes, the skin in that area may be swollen and bruised for a few days.
2. A low-grade fever (99°-100°) may occur. It can be treated with Tylenol.
3. Expect a small amount of bleeding or oozing in the first 3-4 days. This will be minimized by limiting physical activity for the first 48 hours after surgery.

If the bleeding is heavy, apply firm pressure to the dressing with a dry wash cloth for 30 minutes. If bleeding continues after 30 minutes of constant pressure, call the doctor. If you are unable to reach the doctor, go to the Emergency Room.

4. Pain is usually mild. In nearly all cases, extra-strength Tylenol® will relieve this discomfort.
5. Drainage is to be expected in wounds that are not stitched. It is important not to allow the wound bed to dry out. The wound should always be covered with petrolatum.
6. For the first several days, expect an increase in swelling, redness, and tenderness. If this does not improve after 3 days or if symptoms worsen, call our office.

Please call our office with any questions or concerns: 719-355-1585