

Wound Care

GENERAL INSTRUCTIONS:

- Keep activity to a minimum
- Make sure hands are clean before you care for your wound
- Follow instructions provided on cleaning and changing your dressing
- Call the office with any questions

HOW TO CLEAN YOUR WOUND AND CHANGE YOUR DRESSING:

1. Leave the first bandage on for 24-48 hours, then gently remove the dressing.
2. Clean the wound, with soap and water. Do not submerge it in a bath or hot tub.
3. Pat the wound dry and apply a generous amount of Vaseline.
4. Cover with a bandage.
5. Repeat this process daily until your stitches are removed.
6. Do NOT use alcohol or Hydrogen peroxide on your wound

DURING THE HEALING PROCESS:

- Pain: Pain is usually minimal if activity restrictions are followed. If you experience discomfort, you may take extra strength Tylenol or Advil (generic is fine) as directed.
- Bleeding/Discharge: A small amount of bloody, yellow, or watery discharge after surgery is normal. If bleeding persists and saturates the dressing, apply firm and constant pressure uninterrupted for 20minutes (no peeking!). Repeat if needed. In rare instances, if bleeding continues, please call us.
- Swelling/bruising/numbness: These are all very common after surgery. Bruising and swelling usually peak 2 days after surgery then decrease over the next week.
- Elevate the area where you had surgery. If you had surgery on your head/neck, put extra pillows under your head. If you had surgery on your arms/legs, use a sling or prop your leg up when sitting.
- Apply an ice pack over the dressing as often as 20 minutes every hour.
- Redness: Some redness around your wound is normal. If redness begins to spread more than an inch away from the wound, please call us.
- Scarring: Any surgery that removes skin cancer will leave a scar. Everyone heals differently, following our post-operative instructions is vital to successful wound healing. Redness and bumpiness of the scar is normal because of dissolving stitches underneath the skin and should improve over 3-6months. Your scar will continue to improve even up to a year after surgery.

PLEASE CALL US IF YOU EXPERIENCE THE FOLLOWING:

1. Pain that keeps getting worse over several days
2. Excessive yellow/green thick drainage that is foul-smelling
3. Significant redness and warmth around the wound that is spreading
4. Wound appears to be opening up or separating