

# BAUCOM & MINA DERM SURGERY, LLC

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## **WOUND CARE INSTRUCTIONS FOR OPEN WOUNDS**

1. After surgery, go home and take it easy. Minimize bending or other exertion for several days.
2. After 1-2 day/s, remove the dressing. You may bathe regularly at this point, and allow the wound to get wet.
3. Wash your hands, then clean the wound with soap and water. If there is any crusting or scabbing, soak the wound with peroxide and remove as much of the crusting by gently rubbing the wound with a moist Q-tip or washcloth.
4. Apply a layer of topical ointment over the wound.
5. Cover the wound with a Band-Aid or small dressing (non-stick gauze and paper tape).
6. REPEAT THESE INSTRUCTIONS AT LEAST ONCE A DAY UNTIL THE WOUND HAS COMPLETELY HEALED. Small wounds may heal in 2-3 weeks. Larger wounds may take 4-5 weeks or more. After the wound is healed, you can stop daily dressing changes

**For PAIN:** take 1-2 Extra Strength Tylenols or the prescription pain medication as needed. Narcotic (prescription) pain medications can make you sleepy or sluggish. Don't drive or operate equipment if you have taken them. Minimize alcohol intake for 24 hours. Do not take any aspirin or aspirin-like products for at least 48 hours as these may cause bleeding.

**For BLEEDING:** The bandage applied before you left the operating room is a pressure bandage and should be left on for 24-48 hours. Some blood tinged oozing might occur. If you experience oozing of blood from the wound: Sit still and apply constant pressure to the area for 15 minutes.

## **SUPPLIES NEEDED**

**Cotton tipped applicators** (Q-tips)

**Hydrogen Peroxide** (only use if there is significant dried blood or crusting)

**Vaseline, Aquaphor, or Mupirocin** (by prescription only) \*note:, neosporin, polysporin, bacitracin may cause allergic reactions and should be avoided

**Band-Aids or non-stick gauze pads** (Telfa) and paper tape (Micropore)

**Self-adherent wrap** (brand name Coban) if your wound is on an extremity

All wounds normally drain (the larger the wound the more drainage) which is why we insist on daily dressing changes. This drainage decreases after the first week. A newly healed wound has a shiny look to the surface and is dark pink to red in color. The redness will slowly fade over the next few months. Sometimes it takes 6 months to one year to fade completely.

Itching or tingling is common and is a normal experience with healing.

## **Call the office if you have:**

- Severe itching with a rash: this usually indicates sensitivity to the ointment or to the bandage tape.
- Fever, extreme or a significant increase in pain, or pus draining. Clear yellow/orange drainage is normal; thick cloudy drainage needs to be evaluated. The base of deeper wounds may develop a whitish layer of fibrin (does not wipe off), which is normal for many wounds.

It is an old wives tale that a wound heals better when exposed to the air. If kept clean and covered with ointment and a bandage, the wound will heal faster, and with a nicer cosmetic result.

**\*\*\*IN CASE OF EMERGENCY OR UNCONTROLLED BLEEDING\*\*\***

Call (404) 844-0496 for instructions on contacting Dr. Baucom or Dr. Mina