

BAUCOM & MINA DERM SURGERY, LLC

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WOUND CARE INSTRUCTIONS

1. After surgery, go home and take it easy. You should not do anything that requires you to bend, strain, lift, or cause 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. After the first day or two, good washing of the area daily in the shower is indicated.
4. Apply a layer of topical ointment over the sutures or wound.
5. Cover the wound with a small dressing (nonstick gauze and paper tape). Very small wounds may have just a band-aid applied. Wounds on the extremities do well with coban wraps.

Wash hands before any dressing changes

SUTURED WOUNDS: Repeat this daily until the top sutures have dissolved or (if staples) are removed. (Typically 7-10 days for either.) Once the top sutures have dissolved, or the wound has healed over, regular skin care and makeup can resume.

OPEN WOUNDS: Continue daily dressings until healed. Please be sure to wash the area each day with soap or shampoo and to keep it covered until healed.

PAIN: take 1-2 Tylenols **or** the prescription pain medication as needed. Do not take any aspirin or aspirin-like products for at least 48 hours (unless you are on thinners for a medical condition such as a heart stent or stroke) as these may cause bleeding. Minimize alcohol intake for 24 hours. Alcohol can increase bruising and may interact with your pain medication.

BLEEDING: Apply pressure to the area for 15 minutes. Time it! Repeated "peeking to see if the bleeding has stopped" will only allow the bleeding to continue. If the bandage is saturated it may be replaced.

SWELLING: use ice packs-15 minutes at a time, 1-2 times an hour. A bag of frozen peas or other vegetable can be used. Swelling at the site may take 3 months for **final** resolution (the time it takes for any buried sutures to dissolve).

BRUISING: Bruising may take 10-14 days to completely resolve. If you develop a hematoma or severe bruising, it may take longer.

SCARRING: There are NO "magic" creams to reduce scarring or to speed healing. Don't waste your time or money.

SUPPLIES NEEDED

HYDROGEN PEROXIDE (only use if there is significant dried blood or crusting)

Q-TIPS or other cotton tipped applicators

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

If you have a history of Staph or MRSA infections, please let your doctor know. GOOD DAILY CLEANING is most important, but a prescription topical or oral antibiotic may be recommended depending on the situation.

NON-STICK GAUZE PADS (brand name: **Telfa**)

PAPER TAPE (brand name: **Micropore**); Band-Aids can be used if the site is small

SELF-ADHERENT WRAP (brand name Coban) if your wound is on an extremity

Follow up in: 1 wk 2wks 4wks 6wks 8wks ___ mths as needed for Mohs on another site

IN CASE OF EMERGENCY OR UNCONTROLLED BLEEDING

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