

# GREENSBORO DERMATOLOGY ASSOCIATES, PA

## Patient Information

### POST-OPERATIVE WOUND CARE INSTRUCTIONS FOR GRANULATING WOUNDS AND SUTURED WOUNDS

1. After surgery, go home, and take it easy. Do not do anything that requires you to bend, strain, lift, or cause exertion until otherwise directed. Do **not** get hot and sweaty. No strenuous exercises until otherwise directed.
2. Keep initial dressing dry and do not remove for **48** hours. You may shower (with the bandage on) after the initial **48** hours and allow the wound to get wet.
3. **IF BLEEDING STARTS**, apply continuous firm pressure with a dry washcloth on the area for 20 minutes without removing the bandage (set timer). Do not “check” or “peek” at area by removing pressure until full 20 minutes have passed. If bleeding persists, hold continuous firm pressure for an additional 20 minutes. If the bandage becomes saturated it may be replaced. If bleeding does not resolve, please call the office or call the physician on-call (see information on back of this sheet for contacting physicians).
4. **TO PREVENT SWELLING:** Apply frozen peas/corn (or frozen gel-pack) once hourly, for 20 minutes at a time, for the rest of the day.
5. Sleep with 2-3 pillows and on unaffected side for the first few nights as this helps to minimize swelling.
6. No alcohol for 48 hours after surgery. (Alcohol can increase bruising and may interact with your pain medication).
7. **Smoking:** Patients that smoke have increased risk of delayed wound healing, smoking cessation is recommended.
8. **FOR PAIN:** Take 1-2 Extra Strength Tylenol (or the prescription pain medication provided) every 6 hours as needed. Do not take both Tylenol and the prescription medication within 4 hours of each other.
9. If you were advised to discontinue your aspirin or aspirin-containing products prior to surgery, do not restart these for 24 hours.
10. Change the dressing daily after the first 48 hours using the following steps:

#### **SUPPLIES NEEDED:**

- **Hydrogen peroxide** - mix with tap water 50/50
- **Q-tips**
- **2X2 or 4X4 sterile gauze pads**
- **Non-stick gauze pads** (brand-name: **Telfa or Band-Aids** for small wounds).
- **Aquaphor or Vaseline ointment** (or prescription mupirocin ointment if prescribed)
- **Paper tape** (brand-name: Micropore).

**SUPPLIES NEEDED CONTINUED:**

- **Bags of frozen peas and corn** which will be used as ice packs. You can refreeze these after each use but discard and do not eat them after refreezing.
  - a. Wash hands before and after each dressing change.
  - b. Remove old bandage. Shower with the old dressing on so it is easier to remove.
  - c. Clean area gently with sterile gauze pads or Q-tips using ½ strength hydrogen peroxide and tap water. Lightly remove any crusting along suture line and around the wound. **DO NOT SCRUB!** If crust does not come off with gentle cleaning, do not attempt to remove. We do **NOT** want a scab to form as this can slow down healing and may increase the chance of infection and scarring.
  - d. Gently blot wound dry with sterile gauze.
  - e. Apply Aquaphor/Vaseline ointment or prescription antibiotic ointment (if given) to keep wound moist for better healing.
  - f. Cover wound with non-stick gauze pad and paper tape (or you may use a Band-Aid if the wound is small).

**Order of application:**

- **Vaseline/Aquaphor**
  - **2x2 or 4x4 nonstick gauze**
  - **Tape**
- g. Continue daily wound care with ½ strength hydrogen peroxide Vaseline or Aquaphor until otherwise instructed.
  - h. Once the wound has healed over, regular skin care and makeup can resume.

11. If your wound becomes red, warm, painful, or begins to drain, or if you develop a fever of 101 degrees or greater, please contact us.

If you have any further questions or problems, please call the office at (336) 954-7546, Monday through Friday 8:30 AM to 5 PM. If problems occur during the weekend hours, call (336) 954-7546 and you will be given the number to reach a dermatologist on call. After hours on weekdays, call Dr. Goodrich's cell phone (336) 430-8608.

**We wish you a SPEEDY RECOVERY!!!!**

GD- 65, Rv 6-27-16