



## **WOUND CARE INSTRUCTIONS FOR SKIN SURGERY** **(SUTURED OR OPEN WOUND)**

### **BANDAGE:**

- Leave the bandage in place for 24 hours. You may shower or bathe after 24 hours. Remove the bandage and replace it after showering (see below).

### **DISCOMFORT:**

- Expect discomfort. Take acetaminophen (for example, Tylenol) as directed. If this does not provide sufficient relief, take ibuprofen (Advil), up to 600mg every 8 hours. You may take both of these together or alternate them. We do not routinely prescribe narcotic pain medications. If pain is severe and not relieved by the above measures, please call the office.

### **BLEEDING:**

- Some blood seeping into the bandage is NORMAL. If the bleeding soaks through the dressing, remove the dressing, and apply firm, steady pressure with a moist clean washcloth for 15 minutes. If the bleeding stops, re-dress the wound. If not, call our office.

### **ACTIVITY:**

- No strenuous activity for the first 48 hours after surgery. Keep your head elevated.

### **APPEARANCE:**

- Swelling and bruising are normal. Some redness is normal, but the wound should not be red, hot and tender. If the wound rapidly swells up or becomes increasingly inflamed, warm, or drains puss, please call our office.

### **WOUND CARE:**

Change the dressing daily and/or when it becomes wet.

Wash hands with soap and water and clean the wound with soap and warm water.

You may use 3% Hydrogen peroxide and a cotton swab to loosen and remove the crusting from a wound with stitches.

Apply a thin layer of sterile petroleum jelly over the wound.

Cover the Telfa or similar “non-stick” dressing or bandage.

Tape in place with Hypafix or paper tape.

Mild tenderness, pinpoint bleeding and a thin mucus-like discharge are normal.

Keep all sutured wounds covered daily for a full 7 days.

Open wounds will need to be covered for much longer.

If you have sutures that require removal, you will receive specific instructions regarding when and where to have them removed.

If you have dissolving sutures they will fall apart and be gone in 10-14 days.

### **OPEN WOUND HEALING (Wound without sutures:)**

If your wound was left open to heal on its own, approximately one week after surgery a pink/red halo will form around the outside of the wound; this is new skin. The center of the wound will appear yellowish white and produce some drainage. The pink halo will slowly migrate toward the center of the wound until the wound is covered with new shiny pink skin. There will be a mucus-like drainage on the dressing and there will be no more drainage when the wound is completely healed.

### **WHEN TO CONTACT YOUR PHYSICIAN:**

Contact your physician if your wound becomes increasingly sore, tender, red, warm, or if the surgery site rapidly swells.

**During business hours call our office at 802- 864-0192 if you have any questions or concerns.**

**After hours: please call 802- 847-4570 or 1-800 -358-1144 and ask to have your surgeon paged**