



Open Wound Care for _____

- No strenuous activity for 48 hours
- Take Extra Strength Tylenol (500 mg) or Acetaminophen as needed for discomfort, 1-2 tabs every 4-6 hours.
- Do not drink alcoholic beverages for 48 hours.
- If a pressure bandage was applied, keep this white pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
(Refer to the reverse side of this page for management of bleeding).
- Start your daily wound care in 24 hours as follows:
 1. Remove the white pressure bandage if one was placed.
 2. Clean area with tap water and mild soap using a Q tip or gauze pad, (shower / bathe normally)
 3. Dry wound with Q tip or gauze pad
 4. Apply Vaseline or Aquaphor Ointment with a Q tip
 - Do **NOT** use Neosporin or Triple Antibiotic Ointment *
 - Bacitracin or Polysporin ointment is OK to use for 1-2 weeks
 5. Cover the wound with a band-aid or nonstick gauze pad and paper tape.
 6. Repeat wound care once a day until wound is completely healed with no open or draining areas.
 7. If you choose to use an antibiotic ointment such as Bacitracin or Polysporin, we advise switching to Vaseline or Aquaphor after the first 2 weeks.

It is an old wives tale that a wound heals better when it is exposed to air and allowed to dry out. The wound will heal faster with a better cosmetic result if it is kept moist with ointment and covered with a bandage.

Do not let the wound dry out.

Supplies Needed:

Qtips or gauze pads
Ointment such as Vaseline or Aquaphor or Bacitracin
Band-aids or nonstick gauze pads and paper tape
(To order 3M micropore tan paper tape call: 1-800-321-0591)



BLEEDING:

1. Use tightly rolled up gauze or cloth to apply direct pressure over the bandage for 20 minutes.
2. Reapply pressure for an additional 20 minutes if necessary
3. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
4. Use additional gauze and tape to maintain pressure once the bleeding has stopped.
5. Begin wound care 24 hours after surgery as directed.

WOUND HEALING

1. One week after surgery a pink / red halo will form around the outside of the wound. This is new skin.
2. **The center of the wound will appear yellowish or white and may produce some drainage.**
3. The pink halo will slowly migrate in toward the center of the wound until the wound is covered with new shiny pink skin.
4. There will be no more drainage when the wound is completely healed.
5. It will take six months to one year for the redness to fade.
6. The scar may be itchy, tight and sensitive to extreme temperatures for a year after the surgery.
7. Massaging the area several times a day for several minutes after the wound is completely healed will help the scar soften and normalize faster. Begin massage only after healing is complete.
8. **Protect a fresh scar from the sun.** Use a sun-screen with an SPF of 30 or greater or barriers such as clothing or a wide-brimmed hat.

SIGNS OF INFECTION:

1. Watch for discharge, fevers, spreading redness or increased pain at the procedure site.
2. It usually takes 4-7 days for an infection to occur after a procedure.
3. Call the office if any of the above occurs.

In case of emergency phone: 317-859-8970