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WOUND CARE INSTRUCTIONS

1. Leave your initial dressing on until the day after surgery. Keep it clean and dry. DO NOT get the dressing wet. Try to keep physical exertion to a minimum during this time period.
2. Leave your initial dressing on until the day after surgery. Keep it clean and dry. DO NOT get the dressing wet. Try to keep physical exertion to a minimum during this time period.
3. Remove the dressing that was placed on your skin at the time of surgery. It is often helpful to do this in the shower after getting the dressing slightly moist with water. It is okay to get it wet.
4. After removing the dressing, use hydrogen peroxide to gently clean off any scab or crust that may have formed on the wound.
 - a. Current research has shown that scab formation actually inhibits wound healing, which is opposite to the old belief that many of us grew up with, that scabs and air drying were “good.” Do your best to prevent scab formation!
5. After cleaning the wound, put a small amount of Bacitracin antibiotic ointment or Vaseline petroleum jelly directly on the wound using a fresh Q-tip. Then cover the wound with a clean dressing.
 - a. Many people become sensitive to the adhesive in bandages or certain medical tapes. In that situation using clean gauze and paper tape is very helpful, and if sensitive to that it is acceptable to just keep covered with the ointment and no top dressing.
6. Change the dressing twice a day until you return for your follow-up visit (unless directed otherwise at the time of your surgical procedure).
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8. If you notice any bleeding after your surgery, place firm but not hard pressure over the wound for 20 minutes straight using a dry towel or washcloth. DO NOT remove the dressing. Once the bleeding has stopped, you may reinforce the dressing with some clean gauze. If the bleeding does not stop, then call our office immediately.
9. If your wound becomes red, painful, begins to drain, or if you develop a fever of 101 F or greater, please contact us.

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