

## CARE INSTRUCTIONS FOR GRANULATING WOUNDS

### FOR TODAY AND TOMORROW (Immediately after your surgery):

1. Please leave your bandage on for 2 days, unless instructed otherwise by your doctor.
2. If your bandage falls off, don't worry, simply reapply a very generous amount of topical ointment: (\_\_\_\_\_), Xeroform (yellow petrolatum dressing) and cover with a non-adherent bandage (Telfa pad) and reaffix with Paper Tape.
3. The goal for the healing wound site to always keep the area moist with ointment and covered with a bandage.
4. For pain relief, you may take Extra Strength Tylenol (acetaminophen) every 4-6 hours only if you have no contraindications. Avoid extra Aspirin and Ibuprofen for pain (as these agents make you bleed more); however, continue to take ALL medications that are normally prescribed to you.
5. You may ice the area. This can help minimize any pain, swelling, or bruising. Ice may be applied, around and over your wound, twenty minutes on, twenty minutes off, while you are awake for today and tomorrow.
6. If you were prescribed antibiotics please do not forget to take them as directed:

\_\_\_\_\_ times a day for \_\_\_\_\_ days.

### TWO DAYS AFTER SURGERY UNTIL YOUR NEXT APPOINTMENT:

1. You may take a shower and allow the steam to loosen up your bandage and make it easier to finally remove. Please avoid direct contact of the shower water spray to your site during the first four days.
2. Clean the wound with diluted hydrogen peroxide (1:1 ratio). Once your wound has reached the desired contour (filled up to level that is even with the surrounding skin), you should stop using the hydrogen peroxide and switch to a gentle soap and water for cleaning of your wound.
3. Apply a lot of ointment to the entire wound area and cover it with Xeroform (yellow petrolatum gauze) that you can cut to size. Apply a non-adherent pad (Telfa Pad) and affix with Paper Tape.
4. To optimize the ultimate cosmetic result please NEVER LET THE WOUND BECOME DRY AND FORM A SCAB. Please keep the area real moist with the prescribed ointment.
5. Repeat the basic wound care (#2-#4) twice a day until your next appointment. Again, if the wound is not deep and there is no scab and no dried blood, simply wash the area gently with soap and water.
6. We will see you at your follow-up appointment in \_\_\_\_\_ days.

If you develop significant itching at the wound site, you may be allergic to the topical antibiotic ointment. If this occurs, switch to Aquaphor or Vaseline and call our office. If you develop fever, chills, streaking redness, foul smelling wound drainage, continuous bleeding or persistent pain please call our office