

## Wound Care for Procedures with Open Wounds

No strenuous activity for 7 days

Apply ice for 10 minutes every hour while awake for the first day

Take Tylenol 500mg, 2 tablets every 6 hours as needed for pain, not to exceed 4 grams in one 24 hour period. No aspirin, ibuprofen, or other over the counter products that contain aspirin and other blood thinners for 48 hours unless directed otherwise.

Do not drink alcoholic beverages for 48 hours.

Smoking is detrimental to wound healing, so stopping or decreasing for 3 weeks is ideal, and will aid the healing process.

Keep the pressure bandage in place until the following morning. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.

It is normal to have swelling and bruising around the surgical site. Elevate the area to reduce swelling. Sleep propped up on 2-3 pillows.

Remove bandage first thing in the morning and begin wound care as follows:

1. Clean area gently with soap and water, you may shower/bathe normally, and pat dry.
2. Apply petrolatum ointment to the wound with a Q-tip. \*Do not use Neosporin ointment\*.
3. Cover the wound with a bandaid or nonstick gauze pad and paper tape.
4. Repeat the wound care once a day until the wound is completely healed.

Wound will appear wet at first, with yellow-pink base. As it heals, it should become pink and new skin should fill in toward the center. Allow blackened (cauterized) skin to fall off on its own. These wounds take a long period of time to heal depending on size and locations. Usually it will take 4 – 6 weeks before the skin heals over. The wound will heal faster with a better cosmetic result if it is kept moist with ointment and covered with a bandage.

Supplies needed: Q-tips, petrolatum ointment, bandaids or nonstick gauze pads and paper tape.

### BLEEDING:

1. Apply direct pressure over the bandage for 20 mins. Do not release. Use rolled up gauze or a clean cloth to apply pressure with. If the bandage is saturated with blood remove the bandage and apply direct pressure over the wound.
2. Call the office if the pressure fails to stop the bleeding.
3. Use additional gauze and tape to replace or reinforce bandage once the bleeding has stopped.
4. Begin wound care the following morning or as directed.

### PAIN:

1. Post-operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

### CALL THE OFFICE IF...

1. If you are having bleeding that is not stopping with direct pressure after 20 mins.
2. You are having increased pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be getting worse instead of getting better each day (increased pain, increased redness, increased swelling, warm to touch).

**How to reach us: call (503) 223-3104, ext 1809. For after hour emergencies only, such as uncontrolled bleeding, please call (503) 208-8127.**