

Dimitri Dermatology

Wound Healing Instructions

General Information

Allowing wounds to heal naturally after surgery is sometimes the best option. This process is called second intention wound healing. The wound healing process may take many weeks or months to complete depending on the initial size of the wound. The following instructions will guide you through the process.

Supplies for Wound Care

The following list of supplies can be purchased at any pharmacy.

- A large tube of white petrolatum
- Non-adherent Telfa pads
- Gauze pads or rolls
- Bandage tape – preferably paper tape
- Hydrogen peroxide
- Cotton Tip Applicators (Q-tips)

Steps for Wound Care

Clean and bandage the wound three times a day. The following steps will describe how to do this.

Clean the wound with tap water, hydrogen peroxide, q-tips, and gauze.

- Mix equal parts hydrogen peroxide and tap water in a cup. Clean the wound with this mixture using the gauze and the q-tips.
- The surface of the wound may bubble due to the hydrogen peroxide.
- You should apply enough pressure to remove any crusts. The wound bed should be pink and moist after cleaning.

Bandage the wound with white petrolatum, Telfa pads, gauze, and bandage tape.

- Apply a thick layer of white petrolatum to the wound. This should be as thick as icing on a cake
- Apply a Telfa pad to the wound. You can cut the pad to fit the size of the wound.
- Apply a layer of gauze over the Telfa pad or wrap a roll of gauze around the wound.
- Secure the bandage in place with tape. The tape should be strong enough to hold the bandage in place, but not so sticky as to tear the skin when it is removed. Paper tape is a good choice for most people.

Again, The wound healing process may take many weeks or months to complete depending on the initial size of the wound. The following instructions will guide you throughout the process.

How to Limit Physical Activity

- Avoid vigorous physical activity during this process— this includes heavy lifting, running, and other sporting activities. Avoid activities that pull or stretch on the area with stitches.
- If the wound is on the lower leg, keep the affected leg elevated to the level of the hip as much as possible and avoid unnecessary walking. This is to avoid excessive swelling and slow wound healing.

How to Manage Pain

- You may take Tylenol for the pain associated with the procedure. The Tylenol is most effective if you take the first dose before the numbing medicine has worn off. You may take the Tylenol as often as directed on the bottle. If the pain is not controlled by the Tylenol, then call our office.

How to Handle Problems

- If you have bleeding from the wound, then elevate the area and apply firm and constant pressure to the wound with a clean gauze or cloth. You should hold pressure for fifteen minutes without looking. Use a clock or a timer to count the fifteen minutes. If bleeding continues, then repeat the above procedure but use an ice pack over the cloth to hold pressure. If this does not work, then contact us.
- If you have excessive swelling, elevate the area and apply an ice pack for fifteen minutes out of every hour while awake. If the swelling continues, then contact us.
- Excessive redness, swelling, pain or drainage from the wound are possible signs of an infection. If you notice any of these signs, then contact us.