

# THE WOODRUFF INSTITUTE

## WOUND CARE INSTRUCTIONS

### IF YOU HAVE STITCHES AND ABSORPTIVE BANDAGE, WHICH NEEDS CHANGING:

- Dip a cotton swab in *hydrogen peroxide* diluted 50/50 with water and gently roll it over the stitches to remove any crust that may have formed, or you can use a saline spray.
- Put Bacitracin, Polysporin, or Vaseline/ White Petrolatum ointment on a cotton swab and gently cover the stitches. We prefer that you do not use Neosporin, as some people can develop an allergy to it.
- Repeat this at least once a day, twice if you can, until the stitches are removed.
- You may place a bandage or Band-Aid over the stitches if you like, but it is not necessary.

### IF YOUR WOUND IS HEALING ON ITS OWN WITHOUT SUTURES:

- Clean the wound with saline solution or diluted hydrogen peroxide. Undiluted hydrogen peroxide may be too harsh for an open wound so it is best to dilute one part hydrogen peroxide with one part tap water.
- Put Bacitracin, Polysporin, or Vaseline/White Petrolatum ointment on a cotton swab and gently cover the wound (we prefer that you do not use Neosporin, as some people can develop an allergy to it).
- Bandage the wound with Telfa cut to the size of the wound and paper tape. Telfa is a non-stick dressing that can be purchased at your local pharmacy. It is not essential to wear a bandage once the bleeding has stopped. However, it is very important to keep the wound moist with antibiotic ointment or Vaseline at all times. If you choose not to wear a bandage, you will need to reapply antibiotic ointment 3-5 times per day. This helps with healing and scarring.
- Repeat at least daily or after each shower until the wound is healed. It may take as long as 12 weeks for the wound to completely heal. Expect a thick yellowish substance to form in the wound.
- Leg wounds will heal much faster with less pain and swelling if compression stockings are worn.

### ANTIBIOTIC PRESCRIBED:

Doxycycline  Bactrim DS  Keflex  Other \_\_\_\_\_ Pharmacy: \_\_\_\_\_

### WHAT TO EXPECT:

- Expect some redness around the wound.
- Expect swelling, especially for wounds on the face. The swelling will get worse before it gets better. The swelling will be at its worst on the third to fifth day after surgery. Ice in the first 24 hours can help alleviate pain and swelling.
- Expect some bruising to develop around the wound. It may take two weeks for the bruising to subside.

### WHAT TO AVOID:

- For the first 72 hours after surgery, avoid activities that may raise your blood pressure.
- Do not participate in activities that may rip or tear your sutures until your suture removal appointment in 7-14 days.
- Do not swim in pools, hot tubs, or the ocean until your suture removal. If you do not have sutures, then avoid these activities for the first 72 hours. Then you may apply a waterproof bandage and swim in a pool, but not a hot tub/ the ocean until healed.

### CALL IF YOU HAVE ANY SIGNS OR SYMPTOMS OF INFECTION:

- Increased redness around the wound.
- Increased drainage at the incision site. A slight amount of drainage is normal.
- Increased tenderness at the incision site.
- Fever of 101.0 or higher.

### FOLLOW UP AFTER YOUR SURGERY

Scars will continue to improve for a year post surgery. Following your surgery, we will have you return to our office to discuss some of the things you can do to get your scar looking better faster. Laser scar treatment is one of the most effective ways of treating and managing scars. It is best to wait one to three months post surgery before laser. **Please note: Although you will not be charged for the laser, there will be an office visit charge.**

**IF YOU HAVE ANY CONCERNS, PLEASE CALL 239-596-9337 DURING OUR NORMAL OFFICE HOURS. AFTER HOURS PLEASE CALL:**

Rebecca Lambert MD 239-877-2734  
Kathryn Russell MD 941-350-8415  
Jaclyn Smith MD 954-830-5731  
Craig Eichler MD 239-293-4910  
Stephen Ducatman MD 239-293-0894

Bobbi Brady MD 239-293-9688  
Debora Nash PA 239-313-0305  
Sarah Churton MD 304-617-9208  
Tiffany Jordan PA 727-365-0719  
Heather Pontasch MD 319-415-4347

Frances Hernandez MD 787-381-4392  
Tina Venetos MD 847-682-7088  
Sarah Schloss PA 410-212-5607  
Sofia Kulakowski PA 850-304-1033  
Jennifer Rice PA 904-553-2184