

**WOUND CARE INSTRUCTIONS**  
for  
**OPEN WOUNDS** on \_\_\_\_\_

**The Day of Surgery:**

The bandage applied before you left the operating room is a pressure bandage and should be left on for 24 hours to lessen the chance of bleeding. It is normal for a small amount of blood tinged oozing to occur. If your bandage becomes saturated or soiled, you should apply another bandage over top of the first one.

**In 24 hours, remove the bandage and begin changing the bandage daily as follows:**

- 1) Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer. Make sure to also thoroughly clean beneath your fingernails.
- 2) Remove bandage.
- 3) Clean and dry the area with tap water using a Q-tip or sterile gauze pad.
- 4) Apply Vaseline ointment over entire wound. Do **NOT** use Neosporin or antibiotic ointment.
- 5) Cover the wound with a band-aid, or a sterile **non-stick** gauze pad and micropore paper tape.
- 6) You may shower and get the wound wet from the point going forward, maintaining healthy hygiene is beneficial to adequate wound healing.

*Please Note: Pool water is filled with bacteria and other harsh chemicals, these elements are harmful to a healing wound. We recommended that you wait until the wound is completely healed before entering the pool, as the risk of infection doubles.*

**REPEAT THESE INSTRUCTIONS AT LEAST ONCE A DAY UNTIL THE WOUND HAS COMPLETELY HEALED**

**DO NOT LET THE WOUND FORM A SCAB**

**BE SURE TO KEEP THE WOUND MOIST WITH VASELINE AND COVERED WITH A BANDAGE AT ALL TIMES.**

It is *normal* to have pain at your surgical site. Take only **Tylenol (acetaminophen)** and **Advil (ibuprofen)** for the relief of discomfort. You may take up to 2 Extra Strength Tylenol and 2 Advil (ibuprofen) at first and repeat every 8 hours. If you need pain relief between doses, you may take 2 Advil (ibuprofen). Do not exceed 3,000 mg of Tylenol (acetaminophen) or 2,400mg of Advil (ibuprofen) in a 24 hour period. Begin taking pain medication approximately 2-3 hours after surgery. If you are already taking aspirin as recommended or prescribed by your doctor, you may continue this medication, but do not take any (additional) aspirin or Aleve for pain for 48 hours.

**No strenuous activity for 48 hours as this may cause bleeding. This includes brisk walking, heavy lifting and any form of exercise.**

**Bleeding:**

A slight amount of oozing is normal at the wound site. However, if excessive bleeding occurs and your bandage gets saturated, you will need to stop the bleeding. You should be able to stop it by using a cloth and applying firm pressure directly on the bandage for 20 minutes. Do **NOT** remove the bandage we put in place, but you can place another layer of gauze and tape on top of it. If the bleeding does not stop, you should reapply

pressure for another 20 minutes. If this does not stop the bleeding, you should call the doctor or go to your nearest hospital.

## PATIENT INFORMATION OPEN WOUNDS

During the healing process you will notice a number of changes. All wounds develop a small halo of redness surrounding the wound. This means healing is occurring. Severe itching with extensive redness usually indicates sensitivity to the ointment or bandage tape used to dress the wound. You should call our office if this develops.

Swelling and/or discoloration around your surgical site is common, particularly when performed around the eye.

It is normal for your wound to drain. Larger wounds have more drainage. After 7-10 days, you will notice the wound beginning to shrink and new skin will start to grow. Wounds may take approximately 4-6 weeks to heal. Larger wounds or wounds on the trunk or extremities may take 6-8 weeks to heal. After the wound is healed, you may discontinue dressing changes. The wound is healed when you can see skin has formed over the entire area. A healed wound has a healthy, shiny look to the surface and is red to dark pink in color, fading over the next few weeks or months. It takes 6 months to one year for the color to normalize.

You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside.

Your healed wound may be sensitive to temperature changes. This sensitivity improves with time, but if you're having a lot of discomfort, try to avoid temperature extremes.

Patients frequently experience itching after their wound appears to have healed because of the continued healing under the skin. Plain Vaseline will help relieve the itching.

**Supplies needed may be purchased without prescriptions at any pharmacy.**

Supplies include:

\*Cotton tipped applicators (Q-tips)

\*Vaseline Ointment (**NOT** Neosporin)

\*Band-aids or non-stick gauze pads and Micropore paper tape

(Available at most pharmacies and Brookville Pharmacy: 5454 Wisconsin Ave. Tel. 301-718-0900)

**In case of questions:**

**(301) 986-1006 Dr. Hendi office**

**(301) 204-4836 Dr. Hendi cell**