



**** If your surgical site begins to bleed or ooze, please hold pressure for 20 minutes WITHOUT lifting to check the site. If it continues to bleed, continue to hold pressure and call us at: 804-326-4448. If it is after 5:00 pm, press the urgent button and it will go directly to Dr. Gillen.**

**** Take Tylenol for pain. NOT Ibuprofen, Advil, Aleve, or other NSAIDs.**

Granulating Wound (Secondary Intent):

Your surgical site is being allowed to heal by second intention, meaning there is an open wound and no stitches. This healing process can take 4-8 weeks, depending on the anatomic location. Once you have removed the pressure dressing after 48 hours, follow the instructions below:

Below the Knee:

- **Gently** cleanse with warm soap and water in the shower. After you get done with your shower, turn on your bathtub faucet and let the water run down your leg to give your wound an **extra** rinse before exiting.
- Please follow the guidelines below.

Everywhere else as well as Below the Knee:

- **Gently** cleanse with warm soap and water in the shower.
- After showering and 1 other time of day, follow the instructions below for vinegar/water soaks.
- After the soaks, apply a liberal amount of Vaseline or Aquaphor to wound. **It is critical that the wound is kept moist while healing.**
- Reapply a clean bandage.
- Repeat above daily until follow up in 2-3 weeks.
- **If at any time you decide to go without a bandage, make sure to apply Vaseline several times daily to prevent the wound from drying out.**

To promote healing and prevent infection, Vinegar/Water soaks should be done twice daily following these instructions:

- Combine 1-part white vinegar with 4 parts water. This should be refrigerated.
- Soak a clean cotton wash cloth or cotton ball in the vinegar solution and place on the wound for 5-10 minutes, then throw away. Do not place the washcloth or cotton ball back into the vinegar/water solution. Use a new, clean wash cloth or cotton ball each time.
- If there is any dried blood along the suture line, use Hydrogen Peroxide and clean Qtips to gently clean the suture line after the vinegar/water cleanse.

***When do I call the office?**

Please call us at **(804) 326-4448** or email us at **support@absolutedermva.com** if you have any questions or concerns that your wound is not healing normally or you develop fever, foul smelling drainage, marked redness, swelling, or intense pain as these symptoms indicate an infection.