

Wound Care

- Following these directions will speed up the healing process and help prevent infection. About 1 in 100 wounds will become infected no matter what you or the doctor does.
- **Always wash hands with warm soapy water for one minute before caring for your wound.** Wash the area two times daily with soapy water. If the wound develops a crust then wash the wound 2 times daily with hydrogen peroxide 3%. Bubbling will occur when the hydrogen peroxide contacts the wound.
- After washing, apply Vaseline (petroleum jelly) to the wound and cover with a Band-Aid. Vaseline is available at your drug store.
- There is no problem taking a shower. If your wound is on the scalp, it is not necessary to cover it with a bandage. Simply clean the wound as instructed above and apply Vaseline. Shampooing the scalp is not a problem, but be gentle to the wound site.
- Studies show that wounds covered with a dressing heal faster than uncovered wounds. It is an old wife's tale that uncovered wounds heal faster.

Precautions & Notes:

- If the skin around the wound becomes red, swollen and painful, you may have an infected wound. Call and make an appointment immediately. **If a shave biopsy has been done it is normal to have redness around the edges of the wound.** You should only be concerned if the redness is increasing.
- **It is normal for the wound to drain small amounts of clear or red fluid.** If the wound drains yellow-green fluid or pus call us immediately. Failure to call about an infected wound can have serious consequences.
- If the wound starts to bleed, hold gauze or cotton over the area and apply pressure for 10 minutes. If the wound continues to bleed, contact the office.
- It is recommended not to swim in chlorinated or other water no matter where the wound site is.
- Wounds on the face usually heal in one to two weeks. Wounds on the arms, trunk and upper legs heal in about three weeks. Wounds on the lower legs, especially in people over forty, can take up to 3 months to heal. If you are not certain if your wound is healing properly, please call us.
- Hyperpigmentation may occur after the biopsy. Post-inflammatory pigmentary change is lighter or darker discoloration than surrounding skin. Areas tend to normalize over time, but can take months to years.
- **WE WILL CALL YOU WITH RESULTS.** Once the pathologist has processed your biopsy, Dr. Morrison evaluates your report and chart to create a plan of care. This plan is then reviewed with your provider and afterwards you are called with results. If you have not heard from us within 3 weeks, please call or e-mail our office at 931-484-6061, cderm@cumberlandderm.com, or cdermCKVL@cumberlandderm.com.

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