

WOUND CARE- HEALING BY SECOND INTENTION (healing on its own)

1. SUPPLIES - You will need to purchase or have on hand the following:

- Tap Water with Mild Liquid Soap (1 squirt of soap mixed with a cup of lukewarm tap water)
- Q-tips
- Vaseline
- Telfa Dressing and Surgical tape or Band-Aids

START CARE: _____

2. WOUND CARE INSTRUCTIONS

- A. Clean wound two times daily beginning 24 hours after surgery.
- B. Gently clean wound with Q-tips soaked in tap water/soap mixture. Do not reuse Q-tips. Remove all crusted material around the edge and any white/yellow material in the center that can come off easily. Be gentle in the center of the wound.
- C. After cleaning, generously apply Vaseline with a clean Q-tip.
- D. The wound and skin immediately surrounding the wound should remain completely filled with Vaseline and covered with the dressing or Band-Aid until your follow-up visit. You do not want the wound to scab or dry out as this slows down healing.
- E. Cover your wound with the following dressing:
 - Telfa dressing cut to the size of the wound and then tape or
 - Band-Aids
- F. Continue wound care until your follow-up visit with the doctor.
- G. Please do not perform any exercise or heavy lifting for the first 72 hours after the procedure as this can cause the wound to start bleeding again.

3. PERSONAL HYGIENE

In the first 24 hours, showers or baths are allowed if the bandage remains dry. After 24 hours, the wound may get wet. Swimming is not allowed until approved by the doctor. You should avoid heavy lifting and exercise for the first 3 days.

4. OTHER IMPORTANT INFORMATION

Unless the doctor states otherwise, take Extra Strength Tylenol according to the package directions for pain as needed. If you are having pain that is not controlled by Tylenol, a prescription pain reliever may be given. Do not take both Tylenol and the prescription pain reliever. You should take one or the other. If you are prescribed an antibiotic, please take it as directed until you have finished all of the pills, unless you are not tolerating it for some reason. Please contact the doctor if you are not tolerating the medication.

Alcohol should be avoided for at least 3 days after surgery. If you are a smoker it is important to **STOP SMOKING** for at least 3 weeks after the surgery, as this can cause the wound to heal poorly.

5. CONTACT THE DOCTOR IF THE FOLLOWING OCCURS:

- A. Bleeding which saturates your dressing (spotting of dressing is expected). To stop the bleeding hold direct pressure over the dressing for 20 minutes (without peeking). If the wound is still bleeding repeat the process.
- B. Temperature greater than 100 degrees F or 38 degrees C.
- C. Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat.

A PHYSICIAN CAN BE REACHED AT 704-295-0000 during office hours. After office hours, please call the same number and follow the instructions for reaching the doctor if there is an emergency.