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Wound Care Instructions

Supplies Needed:

1. Cotton-tipped applications
2. Band-Aids
3. Bacitracin or Polysporin antibiotic ointment (Not Neosporin ointment.)

Wound Care:

Leave the bandage placed at the time of the procedure on for the first 24 hours. If taking a blood thinner, leave the bandage on for 48 to 72 hours.

Place ice packs on the bandage covering the area for 10 minutes every hour the first 24 hours to reduce swelling, bruising, and pain.

Take Tylenol or Extra Strength Tylenol every 6 hours for pain the first 24 to 48 hours. (Avoid taking aspirin, Advil, Ibuprofen, etc. for pain, which may cause bleeding postoperatively.)

Then do the following instructions one to two times per day:

1. Cleanse the wound with lukewarm tap water and soap. This may be done in the shower or by placing a wet gauze pad directly on the wound and letting it soak for several minutes.
2. If the wound should start to bleed, place a moist gauze pad over the wound and hold firm, constant pressure for 10 to 15 minutes. Also, holding a wet tea bag over a wound with pressure can stop bleeding. Drinking pineapple juice daily can reduce bruising and bleeding as well.
3. After the wound is clean and dry, apply antibiotic ointment with a Q-tip.
4. Do not let the wound form a scab or crust so as to allow better healing with less scarring. The skin around the wound may appear red for several days.
5. Place a new Band-Aid on the wound.
6. Keep the wound covered until it is healed over. The wound should take 2 or 3 weeks to heal completely.
7. If your wound becomes red and itchy, you may be experiencing an allergic reaction to either the antibiotic ointment or the Band-Aid. If this happens, stop the antibiotic ointment and switch to Vaseline. If it is due to the Band-Aid, use 1% hydrocortisone cream where the Band-Aid was in contact with the skin two times a day for one week.

Call our office at (828)565-0560 with any problems such as swelling, pain, or discharge from the wound site.