

HOME CARE FOR OPEN WOUNDS

1. Beginning the day after surgery, clean the area twice daily with mild soap and water or warm salt water solution (1/2 tsp. of table salt dissolved in one 8 oz. glass of lukewarm water).
2. During this cleaning, scabs and skin debris should be removed gently. You can use a wet Q-tip to soak the scab and soften it before you try to remove it.
3. Thoroughly dry the area and apply a small amount of antibiotic ointment. (polysporin, bacitracin, or triple antibiotic) these can be obtained without a prescription in any pharmacy. Neosporin is not recommended due to possible allergies.
4. Apply a band-aid or a small non stick dressing such as Telfa and tape until the area is healed.
5. For continued bleeding, apply local pressure for 5-10 minutes.
6. Open wounds usually take 4-8 weeks for complete healing. Studies show that wounds heal better when they are kept moist, such as when they are covered with an ointment and band-aid. After the area is healed on the surface, it will remain discolored or reddened for several months.

HOME CARE FOR WOUNDS WITH SUTURES

1. Leave bandage or pressure bandage on for 24 hours.
2. Remove bandage after 24 hours and begin cleaning the wound twice a day with 3% hydrogen peroxide. This can be obtained at any pharmacy without a prescription.
3. During this cleaning, scabs and skin debris should be removed gently. You can use a wet Q-tip to soak the scab and soften it before you try to remove it.
4. Thoroughly dry the area and apply a small amount of antibiotic ointment. (polysporin, bacitracin, or triple antibiotic) these can be obtained without a prescription in any pharmacy. Neosporin is not recommended due to possible allergies.
5. Apply a band-aid or a small non stick dressing such as Telfa and tape until the area is healed.

If any complications develop in the care of your wounds, call Dr. Whaley at Summit Dermatology at (719)667-0888 between the hours of 7:00am and 3:30pm Monday thru Thursday and until 2pm on Fridays. For emergencies after hours, call Dr. Whaley at home at (719)282-2277.