

# *Summit Dermatology, P.C.*

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## **HOME CARE FOR OPEN WOUNDS:**

1. Beginning the day after surgery, clean the area twice daily with mild soap and water. During this cleaning, skin debris should be removed **gently**. If there is dried blood or scabs you can use Aquaphor healing ointment with a bandage, for a few days (for thicker scabs), to soften the scab(s) before you try to remove it. Otherwise, soap and water is all that is needed to clean the area. Hydrogen peroxide may be used to clean the site only **IF** infection is suspected. **Keep in mind that hydrogen peroxide can harm healing tissue.**
2. Thoroughly dry the area and apply a small amount of Aquaphor healing ointment/Vaseline. This can be obtained without a prescription in any pharmacy. Neosporin and Bacitracin are not recommended due to possible allergies. Antibiotic ointment (Polysporin) may be applied to the site **IF** infection is suspected.
3. Apply a band-aid or a small non-stick dressing such as Telfa and tape until the area is healed.
4. For continued bleeding, apply local pressure for 5-10 minutes.
5. Open wounds usually take 4 weeks for complete healing. The scalp can take up to 8 weeks to heal. Studies show that wounds heal better when they are kept lubricated, such as when they are covered with 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 **gently** with soap and water. Thoroughly dry the area. If dried blood or scabs are noted Aquaphor healing ointment/Vaseline is to be applied with a bandage, for a few days (for thicker scabs), to soften the scab(s) before you try to remove it. Aquaphor healing ointment and Vaseline can be obtained without a prescription in any pharmacy. Neosporin and Bacitracin are not recommended due to possible allergies. Antibiotic ointment (Polysporin) may be applied to the site only **IF** infection is suspected. Hydrogen peroxide may be used to clean the site only **IF** infection is suspected.
3. Apply a band-Aid or a small non-stick dressing such as Telfa and tape until the area is healed.
4. If any complications develop in the care of your wounds, call Summit Dermatology at (719) 667-0888 between the hours of 7:30 a.m. and 4:30 p.m. **For emergencies after hours**, call our office for the number of the on-call provider.

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