INSTRUCTIONS FOR WOUNDS HEALING ON THEIR OWN (SECOND INTENTION)

These instructions will describe how to care for your surgical site that will heal on its own. Follow these instructions carefully for optimal cosmetic results. Keeping the area moist and covered without time open to the air or to “breathe” is very important. We do not want a scab to form. This actually delays and prevents optimal scar formation.

MATERIALS NEEDED

| Mild anti-bacterial soap (Lever 2000, Dial, Dove etc) | Cotton tip applicators or Q-tips |
| Vaseline or Polysporin | Non stick dressing pads |
| Gauze pads | 1/2" or 1" paper tape |
| Scissors |

PROCEDURE:

1. Remove the bandage in 24 hours. Keep the area dry during this period.
2. Gently cleanse any drainage or dried blood on or around the wound using mild soap and water applied with a Q-tip.
3. Gently dry the wound with a clean cotton applicator.
4. Spread a thin layer of Vaseline or Polysporin ointment over the wound with a clean applicator.
5. Cut non-stick dressing pad to size and place over the wound. This is held in place with paper tape. If the non-stick dressing sticks to the wound when you remove it at the time of the next dressing change then use more ointment to prevent further sticking. If excessive drainage occurs, cut gauze pad to size and place over non-stick pad before securing with tape.

Important Notes:

1. If the surgical site is near the eye then Dacriose solution may be used on an applicator to clean the corner of the eye and eyelids. Dacriose is a special cleansing solution for the eye. You can find it at your local pharmacy.
2. Change the dressing 1-2 times daily as needed for 1-2 weeks and then once daily until the wound is completely healed (some wounds may require 6-8 weeks for complete healing).
3. You may take a shower, wash your hair, shave, and get the bandage wet. Please leave the bandage in place while in the shower since it will protect the wound. Plan to change your dressing after the shower.
4. Avoid alcohol, smoking, aspirin, aspirin containing products, and blood thinners. Patients required to take aspirin or blood thinners should stay on them as directed by their prescribing physician.

What to Expect:

1. After your surgery you can expect some discomfort from the surgical site. This is highly variable among patients and is also dependent upon the location of your surgery. Some areas are more sensitive than others. You may receive a prescription pain medication to help alleviate post surgical discomfort. Always start with extra strength Tylenol first if you can take Tylenol. If your pain is not adequately relieved or if you are having severe pain then you should call our office immediately or Dr. Viehman after hours. Avoid any aspirin containing products CAUTION: (Bufferin, Anacin, Goody Powders, Excedrin and B.C. Powders all contain aspirin products.)
2. After surgery you should expect some mild swelling and redness around the surgical site. Some areas of the body tend to swell more than others (around the eyes). In many cases the swelling is a side effect of the numbing medication used during surgery. This is particularly common on the forehead. If you feel your swelling or redness is abnormal please call our office.
3. A low grade fever (99-101) for which any NON-ASPIRIN product may be used. Tylenol is recommended.
4. Mild drainage from the wound which may have a foul odor and be yellowish in color. This is especially common on the legs. The yellow drainage is NOT a sign of infection.
5. Significant bleeding is unlikely but can occur. If you experience bleeding then lie down and apply firm, constant pressure to the surgical site for a minimum of twenty minutes. If bleeding continues, repeat the pressure on the surgical wound for an additional twenty minutes. Do not “peek” during this period. If the bleeding persists then please contact our office as early as possible during the day so that we may make arrangements for your evaluation. If you are unable to reach our office or Dr. Viehman then please proceed to the nearest emergency room for evaluation and assistance. Call 911 for severe problems.
6. Ice packs may be placed over the wound dressing during the first twenty-four hours. The ice pack is placed over the wound for fifteen minutes and may be repeated four times per day. You may also use a bag of frozen peas in substitution for an ice pack.
7. Please contact this office or your local doctor if you have excessive bleeding, swelling, redness, fever or pain.

Further questions can be addressed through our office at 910-256-2100. Our normal business hours are Monday, Tuesday and Thursday from 7:30am – 5:00pm and 7:30am – 1:00pm on Wednesday and Friday.