

## **INSTRUCTIONS FOR WOUND CARE (SECOND INTENTION)**

### **MATERIALS NEEDED**

- Cotton tip applicators or Q-tips
- Vaseline
- Telfa surgical dressing pads (non-adherent dressing)
- 1/2" or 1" paper tape
- Scissors

### **PROCEDURE**

1. Remove bandage in 24 hours.
2. Gently cleanse any drainage on or around wound using mild soap and water applied with a Q-tip.
3. With clean applicator, dry wound.
4. With clean applicator, spread a thin layer of Vaseline ointment over the wound.
5. Cut Telfa pad to cover the wound. This is held in place with paper tape. If the Telfa pad adheres to the wound when you remove it at the time of the next dressing change, use more ointment to prevent further sticking. If excessive drainage occurs, cut gauze pad to size and place over Telfa pad.

### **NOTE:**

1. If the wound site is near the eye; Dacriose solution may be used on an applicator to clean the corner of the eye and eyelids.
2. Change the dressing 1-2 times daily for 1-2 weeks and then once daily until the wound is completely healed (some wounds may require 4-6 weeks for complete healing).
3. Before changing bandages, you may take a shower, wash your hair, shave, etc, then follow the above procedure. (The dressing will more than likely get wet, but will add as protection during shower, etc).
4. Avoid alcohol, smoking, aspirin, aspirin containing products, and blood thinners. They thin the blood and cause bleeding.

### **WHAT TO EXPECT AFTER SURGERY**

1. Some swelling, redness and/or bruising around the wound. This usually resolves within a few days.
2. A low grade fever (99-101) for which any **NON-ASPIRIN** product may be used.
3. Some drainage from the wound which may have a foul odor and be yellowish in color. This will resolve in a few days.
4. Significant bleeding is unlikely but may occur. Should you experience significant bleeding, it is recommended that you 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. In the event that bleeding persists; 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 your doctor, please proceed to the nearest emergency room for evaluation and assistance.
5. Discomfort at the surgical site may be experienced for several days following your surgery. One or two **NON-ASPIRIN** pain relievers taken every four hours may be used as needed. **CAUTION:** (Bufferin, Anacin, Goody Powders, Excedrin and B.C. Powders all contain aspirin products.)
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 M.D. if you have excessive bleeding, swelling, redness, fever or pain.

**Further questions can be addressed through our office at 919-363-7546. Our normal business hours are Monday, Tuesday and Thursday from 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.**