

## ***Caring for Your Open Wounds***

- No strenuous activity for 7 days.
- Apply Ice for 10 minutes every hour for the first day.
- Take Tylenol, 2 tablets every 4-6 hours as needed for pain, not to exceed 4 grams in one 24 hour period. No aspirin or other over the counter products that contain aspirin and other blood thinners for 48 hours unless directed otherwise.
- Do not drink alcoholic beverages for 48 hours.
- Smoking is detrimental to wound healing, so stopping or decreasing for 3 weeks is ideal, and will aid the healing process.
- Keep the pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
- It is normal to have swelling and bruising around the surgical site. Elevate the area to reduce swelling. Sleep propped up on 2-3 pillows.
- Remove bandage in 24 hours and begin wound care as follows:
  1. Clean area with soap and water using a Q-tip or gauze pad, (shower/bathe normally) and pat dry.
  2. Apply Vaseline Petrolatum with a Q-tip \*Do NOT use Neosporin ointment.\*
  3. Cover the wound with a band-aid or nonstick gauze pad and paper tape.
  4. Repeat wound care once a day until wound is completely healed.

Wound will appear wet at first, with yellow-pink base. As it heals, it should become pink and new skin should fill in toward the center. Allow blackened (cauterized) skin to fall off on its own. These wounds take a long period of time to heal depending on size and locations. Usually it will take 4-6 weeks before the skin heals over. The wound will heal faster with a better cosmetic result if it is kept moist with ointment and covered with a bandage.

### *Supplies Needed:*

*Q-tips or gauze pads*

*Petrolatum Ointment*

*Band-aids or nonstick gauze pads and paper tape*

### BLEEDING:

1. Leave bandage in place.
2. Used rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 minutes. Do not release.
3. Call the office if pressure fails to stop the bleeding.

4. Use additional gauze and tape to reinforce bandage once the bleeding has stopped
5. Begin wound care 24 hours after the surgery as directed.

#### **PAIN:**

1. Post operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

#### **Call the office if...**

1. Any of the bandages become saturated with blood, or you are having bleeding that is not stopping with direct pressure after 20 minutes.
2. You are having a great deal of pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be worse instead of getting better each day (Increased pain, redness, increased swelling, warm to touch, drainage).
4. Your graft bandage has become wet with drainage or has come off.

#### **How to Reach us,**

Please call **503-223-3104**. After hours or on weekends, please call **503-208-8127**.