

PENNSYLVANIA DERMATOLOGY GROUP, P.C.  
2301 Huntingdon Pike, Suite 202  
Huntingdon Valley, PA 19006  
(215) 947-7500

### **POST-OPERATIVE WOUND CARE INSTRUCTIONS**

Keeping your wound moist and covered (rather than exposed to the air) will allow it to heal better and with more optimal cosmetic results. Call us if an answer to your question does not appear below.

You will need the following items to care for your surgical wound, available at most pharmacies without a prescription:

#### **TO CLEANSE**

- Gentle soap and water
- Hydrogen peroxide
- Saline solution

#### **OINTMENT**

- Vaseline
- Aquaphor ointment
- Bactroban ointment  
(by prescription only)

#### **DRESSING**

- Band-Aids
- Paper tape
- Gauze pads
- Tefla pads

#### **DAILY WOUND CARE**

1. Leave your dressing in place today. Remove dressing and begin wound care tomorrow.
  2. CLEANSE the wound gently. You may use a gauze pad, cotton ball or q-tip if needed. A yellow mucous may form on the surface - this is normal - as much of this as possible should be cleansed off.
  3. Apply a generous amount of OINTMENT and a fresh DRESSING. Always keep the wound moist.
  4. Repeat this process once or twice daily until wound is fully healed (when wound is filled in completely, flat and pink).
- It is very important to keep the wound clean and moist with OINTMENT during the initial healing period.
  - It is OK to shower. Cleanse wound while in the shower or after the shower, then apply OINTMENT and a fresh DRESSING.
  - A small amount of bleeding with cleansing is possible and okay - if excessive, cover with a fresh dressing, apply firm pressure uninterrupted for 5 minutes (repeat until stopped), then dress as above.
  - Some tenderness is expected. Tylenol can be taken for pain if needed.
  - Some redness around a naturally healing wound is expected, as is some clear oozing or a yellow mucous-like substance on the surface. If you notice excess swelling, excess warmth, excess tenderness or redness, bleeding that won't stop, or foul-smelling pus drainage, please call the office to discuss 215-947-7500.

PLEASE CALL THE OFFICE IF YOU HAVE NOT RECEIVED A TELEPHONE CALL OR LETTER WITHIN 2 WEEKS