

General Wound Care Instructions

Wounds heal better if they are kept moist and covered. The wound will be kept moist if steri-strips are applied. There will be a better cosmetic result if it is kept moist with Bacitracin or Neosporin and covered with a band-aid or gauze. If the wound is allowed to become dry and crusted, it will form a scab. Allowing a scab to form will increase the likelihood of a significant scar or indentation to occur. **Keep out of the sun while the incision is healing.** Sun exposure can cause a wound to either hyper pigment or hypo pigment, increasing the appearance of any residual scar, thus rendering a less than optimal cosmetic effect.

Gauze and Tape Dressing:

1. Keep the initial dressing on for 2 to 3 days.
2. You may shower the day following your procedure, do not soak the wound and pat dry.
3. Use Baby shampoo around the area of the wound.
4. Continue to cover the wound with bacitracin or Neosporin, and keep it covered to promote cleanliness and healing.

Steri-strips (small white bandages over the incision):

1. Do not remove the steri-strips, they will fall off on their own in 7-10 days
2. Use Baby Shampoo around the area of the wound.
3. If the steri-strips begin to lift, and this is bothersome, trim the edges with scissors.

Do not pull the steri-strips off.

Sutures:

1. Follow Dr. Winslow's instructions regarding sutures.
2. Return to the office in 7-10 days for suture removal.
3. **NEVER** remove your own sutures.
4. No lifting anything over 5 lbs. for 1 week.
5. No strenuous activity for 1 week.

Please feel free to call the office (317-814 - 1104) with any questions or concerns and if the following occurs:

1. Increasing redness or warmth at the site
2. Increase drainage at the site. A small amount of yellow or blood-tinged drainage is expected.
3. Fever of 101 degrees Fahrenheit or greater.
4. Nausea, vomiting, light-headedness, excessive bleeding, purulent or foul-smelling drainage or a Significant increase in the size of the wound.