

Daily Wound Care - Second Intention

1. Keep the area absolutely **dry** for 24 hours. After 24 hours you may shower.
2. Remove the bandage and clean the wound with mild soap and water. Try to clean off crusts and debris. You may notice a red gel like material on the wound. This is called gel foam and helps with the healing process. If it falls off as you wash the area that is OK, but you do not need to pick it off. After one week, you may rub the surface of the wound fairly aggressively (a small amount of bleeding is normal when you do this). It is important **not** to allow a **scab** to form. This will slow down the healing process. **Dry** the area with a clean Q-tip or gauze.
3. Apply a layer of _____ to the wound area only. We suggest that you purchase a new, small tube or jar.
4. Cut a piece of Telfa (or any **non-stick** dressing) to fit just over the wound and secure it with paper tape. If the wound is small, you may use a Band-Aid.
5. You should **continue** daily wound care and keep a bandage on until **new skin** has grown over the **entire** wound.

Post-Operative Instructions:

- **Activity:** Avoid all **strenuous** activities and **exercises** for two days.
- **Discomfort:** Do **not** use **aspirin, aspirin-containing products, or alcohol** for the first five days after surgery. If you experience discomfort, you may take **Tylenol** (Acetaminophen) or **Extra Strength Tylenol**, 1-2 tablets every 4 hours.
- **Bleeding:** If bleeding occurs, **do not** remove the bandage. Apply **continuous** firm pressure with gauze for 15 to 20 minutes. If the bleeding persists, repeat the pressure for an additional 20 minutes. If bleeding continues, you should **notify** us and come in **immediately**. If the office is closed, go to your nearest emergency room.

PLEASE do not go to the emergency room without attempting to contact us first.

Please notify us of any bleeding, as you will most likely need to have a bandage change.

- **Infection:** Some soreness and redness is expected. If the area becomes **very sore, red, and/or hot** to the touch, or you have a **fever**, please notify us as it may possibly be infected.
- **Bruising and Swelling:** There may be a bruise near or below the site. This is normal and it could last up to a week. Swelling is also normal. It usually increases for 24 to 48 hours and then begins to improve. Please call us if the swelling reappears or worsens.
- **Medication:** Resume all medications **except:** _____

May resume _____ on: _____

If you have any questions or difficulties, please contact us at 973-335-2560 ex 402.

If you are experiencing an emergency after hours please call the office and speak to the on-call doctor.