

Ada West DERMATOLOGY

Diseases of the Skin, Hair, Nails, and Skin Cancer Treatment

Mohs Surgery

Phone: (208) 955-0962

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WOUND CARE INSTRUCTIONS FOR HEALING BY SECONDARY INTENTION (Open wounds)

GENERAL INSTRUCTIONS:

If you
bleed

- ◆ Do not be surprised if you see a small amount of blood-tinged drainage. If your dressing becomes saturated with bright, red blood, remove the dressing. Then use a clean gauze to apply gentle, but firm direct pressure to the wound for 10 minutes (no peeking). If the bleeding has not stopped apply pressure for another 10 minutes. **If the bleeding has not stopped after 20 minutes, call our office at (208) 955-0962 or the Emergency Contact Information below.** If the bleeding stops, then clean and redress the surgical site.

Pain
Control

- ◆ After surgery, it is common to experience some mild swelling, redness, and itching around the wound. There should only be a small amount of bloody drainage and you may have a low fever (99° to 101° F.)
- ◆ Take Extra Strength Tylenol® (acetaminophen 500 mg), every 4 to 6 hours for pain. You should take 2 tablets each time, but do NOT take more than 8 pills in a 24-hour period.
- ◆ If your surgical site is on the leg, elevate as much as possible and wear compression stockings for the next several weeks.

Ice the
area

- ◆ For the first 48 hours you may apply an ice bag to the surgical site every few hours while you are awake. Apply the ice bag about 20 minutes at a time **over the top of your dressing**. A bag of frozen vegetables (peas or corn) works very well also. Wrap a clean washcloth around the bag and hit the bag on the counter so that the contents become “pebbly”. Do not apply ice directly to the skin.
- ◆ If prescribed an antibiotic please take as directed and complete the full course.
- ◆ Keeping your wound clean and moist will prevent a thick scab from forming. This is important because a thick scab will impair wound healing and may lead to a more noticeable scar.
- ◆ **Materials needed:**
 - Cotton tip applicators or Q-tips®
 - Telfa® (non-stick) dressing or Band-Aid® if wound is small enough
 - Paper tape (if using non-stick dressing)
 - New container of Vaseline® or Aquaphor®
 - Clean glass or disposable cup (to hold water)

Clean and
rebandage
the wound

CLEANING AND PUTTING A NEW DRESSING ON YOUR WOUND (After 24 hours):

- ◆ ALWAYS WASH YOUR HANDS PRIOR TO CHANGING YOUR DRESSING
- ◆ After the first 24 hours carefully remove your dressing and begin daily cleaning and dressing of the wound using plain water. You may also use plain water and mild soap such as Dove® liquid, baby shampoo, or Cetaphil® cleanser to gently wash the area. You should use a cotton tip applicator (Q-tip®) or clean gauze to clean the wound. Dip the Q-tip® into the plain or slightly soapy water. Gently remove any dried blood or excess crust by rolling the cotton tip applicator or gauze over the wound. Do not place a used Q-tip® back into the water. **Do not use cotton balls. Do not use alcohol or peroxide.**
- ◆ After cleaning, apply a thin coat of Vaseline® or Aquaphor®. Then apply a new thin bandage (Band-Aid® or non-stick gauze and paper tape).
- ◆ After 24 hours you may get the wound wet in the shower. Keep the dressing in place while bathing. Remove the dressing immediately after bathing and gently clean the wound as described above. Do not soak the wound in the tub.
- ◆ Change the dressing at least once daily; however if you get sweaty or the wound gets dirty then repeat the cleaning process and apply a new dressing.
- ◆ Keep ointment and a dressing on the wound at all times until the wound heals (3-6 weeks).
- ◆ If a scab forms allow it to fall off on its own. Keep dressing the wound and keep it moist with Vaseline® or Aquaphor®. Do NOT pick the scab off.

FOLLOW-UP CARE:

1. Return in _____ months for wound/scar check; earlier if any concerns.
2. Return to your general dermatologist for all other skin problems, including a skin exam in 6 months and every 6 months after that for 2 years.

CALL THE DOCTOR IF YOU NOTICE:

- ◆ Bright red bleeding from your wound that does not stop after applying gentle, direct pressure for 20 minutes.
- ◆ A large, swollen, tender, purple area around either surgery site (hematoma).
- ◆ Redness or swelling that lasts more than 4 days.
- ◆ Tenderness, warmth, or red streaks around the wound.
- ◆ Increased bloody drainage, green or yellow drainage, or a foul smelling drainage from your wound.
- ◆ A fever greater than 101 degrees F that continues after 3 days.
- ◆ **If you have any questions or concerns, please call us at (208) 955-0962.**
- ◆ For after-hours emergency, call Dr. Funke's cell phone (208) 890-5047
- ◆ If you are unable to reach Dr. Funke please go to your local hospital emergency department.