

WOUND CARE INSTRUCTIONS

(Excision, Biopsy, Shave Removal, EDC)

WOUND CARE

1. Supplies for dressing changes: Vaseline and Band-Aids® (Preferably Latex-Free).
We recommend the use of Vaseline as there is a potential for allergic reaction to Neosporin or Polysporin
2. Keep the original dressing **DRY** and in place for **24 HOURS**.
3. After 24 hours, when the dressing is removed, **cleanse the wound once a day with soap & water**. If the dressing is stuck to the wound – soak dressing in water before attempting removal.
** If there is a cotton ball under the Band-Aid, please remove.**
4. After cleansing the wound, pat dry and apply a thin coat of **plain Vaseline**.
5. Dress the wound with a Band-Aid® or Telfa pad.
6. **Continue** the above wound care instructions **until the wound has completely healed** over with new skin (**1-2 weeks for face, 2-4 weeks for lower leg, trunk**). Daily cleansing will help prevent a thick crust or scab that delays healing. Studies have shown that a wound heals faster if covered and kept moist with an ointment. A wound that heals more rapidly often has less scarring.

PROBLEMS

1. **PAIN:** avoid aspirin or aspirin-containing products for 24 hours, unless essential for other medical problems.
TYLENOL MAY BE TAKEN FOR ANY DISCOMFORT.
2. **BLEEDING:** Occasionally a wound may bleed. If this occurs, **elevate the operative site** and **apply steady pressure** using 1 or 2 fingertips and a small gauze for 20 minutes. **DO NOT lift the gauze to check the site until the 20 minute period is over** (or bleeding will start again). This usually stops any bleeding. If bleeding cannot be controlled, please seek medical attention.
3. **INFECTION:** There will normally be a small area of redness around the wound as it heals. However, please contact us if a great deal of tenderness, redness or drainage develops, which might indicate an infection.
4. **IF SUTURES** were placed; they need to be removed in 5-14 days depending on the location.
5. **SCAR:** The skin heals by forming a scar, which is usually permanent. It may take 4-6 weeks before the wound heals entirely and 6-12 month for the scar to flatten and the redness to fade (takes longest on trunk and legs). If you are concerned about the appearance of your scar at any point, please have us re-examine you. Silicone sheets can be used to help flatten thicker scars. Dr. Blaine's Complete Scarcare® can be purchased at Rite Aid on Edwards Mill Rd. without a prescription. You can go online for other brands such as Mepiform or Rejuveness.

Wounds can take months to completely heal. Premature return to heavy lifting and exercise can and often does stretch the wound resulting in wider or thicker/hypertrophic scars. Limiting activity will improve the wound's appearance. Please consult your physician for more information about your individual situation.

****PLEASE CALL US AT 919-781-1050 FOR ANY PROBLEMS OR QUESTIONS****

PATHOLOGY RESULTS

We will usually notify you of your pathology results within 3 weeks. If you have not heard within 3 weeks (_____/_____/_____), please contact our office for your results.