

MAJORS DERMATOLOGY

WOUND CARE INSTRUCTION SHEET

SUPPLIES NEEDED:

1. Water
2. Petroleum jelly
3. "Q" tips, cotton balls or gauze pads
4. Dressing Materials - Band-aids or Telfa pads
5. Tape (for larger wounds")
6. Coban (self-cling elastic wrap) or ACE wrap (for arms and legs)

INSTRUCTIONS:

1. WASH HANDS PRIOR TO DRESSING CHANGES
2. Keep original bandage on wound for 24 hours then remove and begin dressing changes. Dressing should be changed once daily unless otherwise instructed.
3. Soak a "Q" tip, cotton ball or gauze pad with water and cleanse the wound making sure all dried blood and crust is removed. Contrary to popular belief, "scabs" actually impede wound healing.
4. Apply a generous amount of petroleum jelly to wound and cover with band-aid or other non-adherent bandage (Telfa pad). It is important to keep the wound moist with petroleum jelly to speed healing and improve the final cosmetic result of the scar.
5. If the wound starts to bleed, apply firm pressure for 10 minutes without looking (no peeking) with a gauze pad or paper towel. This should control the bleeding. If bleeding persists, return to my office or go to the Emergency Room (if after hours).
6. If the wound becomes unduly painful, turns red, or begins to drain any purulent materials ("pus"), return to the office or, if after hours, call (830) 997-4353 and I will be contacted. All wounds produce a slight amount of pain and redness, but if the pain increases in severity or redness spreads, this may be an early sign of infection. If you are not sure or have questions about the wound, please call me at (830) 992-3396 or come by my office.
7. Tylenol (acetaminophen) should control the pain for most dermatologic procedures.
8. If you had stitches placed in the wound, you need to return to the office on _____ at _____ for suture removal.