

Wound Care Instructions for Granulating Wounds

After your surgery, a pressure bandage will be placed over the open wound. This will help prevent bleeding. Please follow these instructions over the next two to six weeks. They will help you to prevent complications as your wound heals.

For the First 48 Hours After Your Surgery :

1. Leave the pressure bandage on and keep it dry. If it should come loose, you may retape it, but do not take it off.
2. Relax and take it easy. Do not do any vigorous exercise or heavy lifting. This could cause the wound to bleed.
3. Post-operative pain is usually mild. You may take Tylenol or Ibuprofen as needed.
4. You may see a small amount of drainage or blood on your pressure bandage, this is normal. If drainage or bleeding continues or saturates the bandage, call our office or go to the nearest emergency room.

48 Hours After Surgery:

1. Carefully remove the pressure bandage.
2. After the pressure bandage is off, you may get in the shower and get the wound wet.
3. Over the next several weeks, your wound will be growing in or granulating. It is important for you to take care of your wound to make sure it heals properly. After removing the pressure bandage, begin wound care and dressing changes following these instructions:
 - a) Twice daily clean with soap and water to cleanse the wound. Do not be afraid to wipe the wound thoroughly but carefully.
 - b) Take a dry Q-tip and gently wipe away any crust or drainage. The wound will heal better if all crusts are removed.
 - c) Apply a generous amount of ointment over the entire wound with a Q-tip.
 - d) Cover the wound with a band aid that covers the entire wound or Telfa (non-stick) dressing.
 - e) Continue the wound care and dressing changes until you come back to the office to have your wound checked.

f) It is important to **keep the wound moist with ointment** and do not let it dry out.

What is Normal:

1. Your wound may be tender and may bleed slightly when doing wound care during the 1st week.

Call Us If:

1. You have bleeding.
2. Pain that is not controlled with pain relievers.
3. You have any questions or are not sure how to take care of the wound.

Doctor's Office.....(516) 741-1055