

WOUND CARE INSTRUCTIONS FOR GRANULATING WOUNDS (HEALING WITHOUT STITCHES)

PAIN

Postoperative pain is usually minimal. Extra-strength Tylenol (or acetaminophen), two tablets every four hours usually relieves any pain you may have. You should take Extra-strength Tylenol as soon as the discomfort begins. Do not wait until the pain is severe.

BLEEDING

Careful attention has been given to your wound to prevent bleeding. You may notice a small amount of blood on the dressing the first day or so and this is **NORMAL**. If bleeding occurs and saturates the dressing, apply firm, steady pressure directly over the area with gauze for 15 minutes by the clock. (**DO NOT BE AFRAID TO APPLY FIRM PRESSURE—YOU CANNOT HARM THE WOUND**) This is usually adequate treatment. In the rare instance when bleeding persists, call us at (208) 433-1114. If bleeding persists over an evening or weekend call the office and follow the instructions for reaching the doctor after hours.

WOUND CARE

Your wound will be granulating (healing in) over the next several weeks. Careful and consistent wound care will help you achieve the best results. Once a day cleanse the wound with tap water. **DO NOT** use alcohol or hydrogen peroxide. **DO NOT** be afraid to wipe the wound carefully and cleanse away any crust that may be present at the wound edge. Apply a thin layer of Vaseline and cover the wound with non-stick (TELF) gauze and secure it with paper tape. **DO NOT** use strong adhesive tape. The wound may be tender and may bleed slightly the first day. It may seep fluid the first few days. It is normal to have a little oozing or spot bleeding every day until the wound is healed. Your wound will heal better if all crusts and scabs are removed. For stubborn crusting, place a water moistened gauze over the wound for 5 minutes to soak and loosen debris. Pat dry.

APPEARANCE

There may be swelling and bruising around the wound, especially if the procedure is near your eyes. For your comfort, you may apply ice over the bandage and near the wound site for 10-15 minutes every hour for about the first 48 hours. After a couple of days, your granulating wound will be light pink or yellow. This will lighten over the next couple weeks and will eventually become flesh colored. The edges of the wound will be pink at first and possibly tender, fading after a couple of weeks. Granulating wounds on the legs tend to develop more redness, soreness, and drainage. Leg wounds take longer to heal and will often appear reddish around the edges. If the wound becomes very red, painful, begins to drain pus, becomes very itchy, or if you develop a fever, please notify our office **immediately** at (208) 433-1114. You may experience periodic, minor pain or itching around the wound as part of the healing process. If you have any questions, please call us at (208) 433-1114. We want you to feel as comfortable as possible.