



Wound Care Instructions ED&C (Electrodessication and Curettage)

Dr. Domingues performed an **ED&C**.

INITIAL DRESSING CARE

- Initial bulky dressing stays in place for 24-48 hours. Keep the dressing absolutely dry.
- After you remove the initial dressing, you may shower. Do not submerge the wound site.

DAILY DRESSING CARE

- Wash hands before each dressing change.
- Change the bandage once daily.
 - Remove the bandage
 - Gently cleanse the wound with soap and water.
 - Try to clean off any crust or debris.
 - Then apply a thick layer of ointment (aquaphor/mupirocin)
 - Cover the wound with a bandaid / telfa and tape.
- Continue wound care and keep wound **covered at all times until healed** (2 to 4 weeks).

PRESCRIPTION(S) sent to the pharmacy:

Yes No

THINGS TO AVOID

- For the first 48 hours, avoid strenuous activities such as exercise, bending, lifting more than 5 lbs, cleaning. Activities can place stress the wound or raise your blood pressure and result in infection or bleeding complications.
- Avoid submerging the wound such as taking a bath, swimming or using a jacuzzi until fully healed.
- Avoid smoking which can delay wound healing.

DISCOMFORT:

- Keeping the area elevated in the first 48 hours will decrease swelling and discomfort.
- You may ice the area for 10 -15 minutes every hour for the first 24 – 48 hours while awake.
- For pain, take tylenol (acetaminophen) every 6 hours.
 - Avoid alcohol and ibuprofen or other NSAIDs for 3 days.
 - DO NOT** stop aspirin if you currently take a daily aspirin.

BLEEDING:

- If light bleeding occurs, apply direct pressure over the wound for 15-20 minutes with a clean cloth.
- If bleeding continues, repeat this cycle once again. If bleeding still persists, call us.

INFECTION:

- Signs of infection include increasing pain, redness, swelling, drainage, red streaks, or fever. If you develop a fever or red streaking, go to urgent care or the emergency room immediately.
- If you experience any signs of infection, call the office right away during working hours.

*** An ED&C may take up to 4 weeks to heal. Expect the area to look like a 'burn'.**

PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic and ask for the nurse.