

## Wound Care Instructions Excision

Dr. Domingues performed an **Excision**.

### 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 (Dove, Cerave, Cetaphil, or Oil of Olay and water).
  - Try to clean off any crust or debris.
  - Then apply a **THICK** layer of ointment (mupirocin prescription or Aquaphor if no topical prescription sent to pharmacy)
  - **COVER** the wound with a bandaid / telfa and tape.
- Continue wound care daily until suture or staple removal. Keep wound **greasy with ointment and covered at all times until sutures/staples are removed.**
- If directed, wear ace bandage throughout the day, and remove every night. **(DO NOT SLEEP WITH THE ACE BANDAGE ON)**

**PRESCRIPTION(S)** sent to the pharmacy:

Yes      No

### THINGS TO AVOID

- Avoid strenuous activities such as exercise, bending, lifting more than 5 lbs, cleaning. Activities can place stress on 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 20 minutes with a clean cloth. Do not lift until 20 minutes has passed
- If bleeding continues, repeat this cycle two more times for 20 minutes each time once again without peeking. If bleeding still persists, call us during the day for an appointment to be seen or for a dressing change.

### 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.

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

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