

Minor Procedure Wound Care Instructions

Procedure:

1. Keep original bandage on the site(s) ideally for 24 hours. It is preferable to keep the area(s) dry during this period. Once you begin showering, leave the dressing on in the shower while allowing it to get wet.
2. Immediately following your shower, remove the wet bandage, wipe off the old ointment (use tissue or gauze pad), and cleanse the area with a mild liquid soap and water solution (Soft soap, Dial, etc) being certain to remove all old ointment/drainage from the surface.
3. Rinse and dry the area with a clean gauze pad.
4. Apply a thin layer of Vaseline, A&D ointment, or Polysporin to the wound using a Q-tip. (Do not use Neosporin)
5. Cut non-stick dressing pad to completely cover the wound and secure with tape. It's very important to keep the area moist with ointment and sealed on all sides. Your surgical site will heal faster and have a better cosmetic appearance if you do not allow air to get to it.
6. Repeat this procedure every 24 hours until the area is healed. This usually takes 14-21 days.

What to Expect:

1. You can expect some mild discomfort. This is highly variable among patients, and is also dependent upon the location. Some areas are more sensitive than others. You may take an over the counter pain reliever as needed.
2. You should expect mild swelling, redness and bruising around the site. This will resolve in a few days. Mild bleeding at the site can occur as the healing progresses but should be very minimal and should resolve.
3. Active bleeding is rare, but if it does occur, sit or lie down and apply firm constant pressure to the wound for 20 minutes. If the bleeding has not stopped, repeat for 20 additional minutes. If it persists, call our office or Dr. Viehman after hours.
4. Once the wound has completely healed over, begin using sunscreen to prevent darkening of the scar.
5. **Ice packs should be used post surgically** and may be placed over the wound dressing to help with pain, swelling, and bleeding. The ice pack is placed over the wound for fifteen minutes and may be repeated 4 to 6 times per day for 3 days. You may also use a bag of frozen peas in substitution.

Any further questions can be addressed through our office at 910-256-2100.

Normal Business Hours: Monday, Tuesday, Thursday 7:30am-5:00pm, and Wednesday and Friday 7:30- 1:00pm.