



**T E X A S
DERMATOLOGY
& SKIN CANCER
C E N T E R**

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Wound Care Instructions – Open Wound

- No strenuous activity for 48 hours.
- Resume moderate activity after 48 hours.
- No heavy exercising for 2 weeks.
- No aspirin or other over the counter products that contain aspirin and other blood thinners for 48 hours. Take Tylenol or aspirin free pain relievers as needed for discomfort.
- Continue taking all prescribed medication(s).
- No alcoholic beverages for 48 hours
- Remove bandage in 24 hours

Wound Care After 24 Hours:

- Clean area with hydrogen peroxide or Hibiclens (an antiseptic available at most pharmacies).
- Dry the wound.
- Apply antibiotic or Vaseline ointment to the wound.
- Cover the wound with a fresh bandage.
- Note: Covered wounds heal faster and with a better cosmetic result.

Wound Healing

- One week after surgery a pink/red halo will form around the outside of the wound. This is new skin.
- The center of the wound will appear yellowish white and produce some drainage.
- The pink halo will slowly migrate in toward the center of the wound until the wound is covered with new shiny pink skin.
- It will take six months to one year for the redness to fade.
- The scar may be itchy, tight and sensitive to extreme temperatures for a year after the surgery.
- Massaging the area several times a day for several minutes after the wound is completely healed will help the scar soften and normalize faster.



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POSSIBLE COMPLICATIONS:

Bleeding - If this occurs do the following:

- Leave the bandage in place.
- Use rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 minutes straight.
- Reapply pressure for an additional 20 minutes if necessary.
- Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.
- Use additional gauze and tape to reinforce the bandage once the bleeding has stopped.

Pain

- Post-operative pain should slowly get better, never worse.
- A severe increase in pain may indicate a problem. Call the office if this occurs.