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Wound Care Instructions Open Wounds

After 24 hours, remove the bandage and begin daily cleaning and dressing changes as follows:

- Remove the old dressing.
- Gently cleanse the area with plain tap water or sterile saline using a Q-Tip or sterile gauze pad. DO NOT use soap, rubbing alcohol, or peroxide to clean the wound.
- Pat dry with a Q-Tip or sterile gauze pad.
- Apply White Petrolatum (Vaseline) over the entire wound.
- Cover the wound with a Band-Aid or sterile non stick gauze (Telfa) and paper tape (Micropore)

Repeat at least once a day until the wound has healed completely.
(Usually three to six weeks)

- If you notice bleeding from the wound, apply firm continuous pressure for twenty minutes. Then apply additional gauze tape over the dressing if necessary. If bleeding does not stop after pressure is applied, reapply pressure and call our office at the number above.
- Mild swelling and redness around the wound is normal. Usually discomfort is mild and easily controlled with Tylenol. Call our office if you observe significant or rapid swelling, redness, pain, or fever.

There is an old wives tale that a wound heals better when left to open air. In fact, a wound heals faster and with better cosmetic result if kept cleaned and covered with ointment and a bandage.

It is ok to get the wound wet. Leave the old dressing on the wound while washing or showering. After your shower, clean the wound and apply a new dressing as described above.

We recommend the use of Petrolatum (Vaseline) rather than Neosporin, Polysporin, or Bacitracin Ointment because some patients develop an allergic reaction to antibiotic ointments.

If you develop a rash at the site of the bandage, you can purchase Band-Aid brand healing pads or strips. The wound is cleansed as listed above, but the bandage is only changed once every five to seven days.

If you have any questions, please call our office. If there is an emergency, go to your local hospital or emergency department.