



Care of Surgical Wounds Without Sutures

1. Beginning in 24 hours, remove the dressing once a day around normal bathing time and wash gently with soap and water. Pat dry.
2. Perform vinegar soak (see back of handout).
3. Apply Polysporin, Vaseline, or Aquaphor ointment to the surface of the wound.
4. Cover the ointment with a non-stick Band-Aid or create your own bandage using Telfa non-stick gauze and paper tape. Be sure all four sides are sealed with an adhesive bandage. **This will prevent scabbing.**
5. Repeat the procedure daily for a minimum of two weeks or until the wound is healed (a pink-red, flat spot without crusting).
6. If crusting is noted at time of bandage change, attempt to gently soak it off then proceed with steps 2 + 3.

Do NOT use hydrogen peroxide.

In rare cases, the adhesive will produce an itchy rash under the bandage. If this happens:

- Stop the treatment and apply Aquaphor or Vaseline on the wound and apply over the counter cortisone cream on the rash.
- Saran wrap can be applied to trap the ointment and cortisone in place on a daily basis without use of adhesive tape.

By keeping the wound covered and cared for in this manner, it should heal without forming a scab and will have less of a chance to form a scar. The wound will also heal in half the time. **If you have any questions or concerns, please call the office for further clarification.**

Patient Specific Instructions:



Vinegar-Water Soaks

1. Prepare Vinegar Water:

Mix 1 ½ ounces of **White Vinegar** with 1 quart of **Distilled Water**
or 1 teaspoon of **White Vinegar** with 1 cup of **Distilled Water**

2. Use of Dilute Vinegar Soaks:

- Gently remove any ointment from the site using a Q-tip or gauze moistened with the dilute vinegar water mixture.
- Soak 100% cotton rags or cotton balls with the prepared dilute vinegar-water mixture.
- Place the soaked cotton balls/rags on the treated site, leaving them in place to soak the skin for 10-20 minutes. You may need to replace them with freshly soaked cotton balls/rags to ensure they have not dried out.
- If the solution causes too much burning, dilute with additional water or use less vinegar.
- Remove the cotton balls/rags and use a dry Q-tip to gently remove any scabs or crusts on the treated areas.
 - A Q-tip may be used to gently remove any of the peeling skin or crust that comes off freely. This should not hurt or cause bleeding. **Do NOT be overly aggressive with the removal of peeling skin.** If it does not peel freely with gentle traction do not force it off.
- Apply a thick coat of ointment to the treated area. Refer to the other side of this handout for instructions about which ointment is appropriate to use.
- For surgery sites:
 - Apply a fresh dressing following instructions on the other side of this handout.
- For laser sites:
 - At night, you may cover the area (with care to avoid covering the nose and mouth if covering face) with Saran wrap to prevent the skin from drying out.
- Repeat this regimen of cleaning, soaking, and ointment application as instructed by your provider or within the following general parameters:
 - ☐ 1-2 times daily
 - ☐ 3-4 times daily
 - ☐ Until skin is healed
 - ☐ Until peeling is complete.

Review of Instructions:

1. Wash/wipe the old ointment off the wound. All of the ointment must be removed.
2. Soak the wound with vinegar solution for 10-20 minutes.
3. Gently clean the wound with a dry Q-tip, no need to clean for longer than 1 minute.
4. Let wound dry or pat gently to dry and apply new ointment and bandage.

If you have questions or concerns, please call our office