

## Care of Wounds Without Sutures

### **Bandaging:**

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 if instructed. See handout for directions.
3. Apply ointment (Polysporin, Vaseline, or Aquaphor) to the surface of the wound. **Do not use Neosporin.**
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. If crusting or scabbing is noted at the time of bandage change, attempt to gently soak it off and carefully debride with a Q-tip. Then proceed with steps 2-3.
6. Repeat the procedure daily for a minimum of 2 weeks or until the wound is healed (a pink-red, flat spot without crusting).

### **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, taking care to avoid applying on surgical site.
- Saran wrap can be applied to trap the ointment and cortisone in place on a daily basis without the 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.**

### **Signs of Infection:**

Call our office during business hours (Mon-Fri 8:00am - 5:00 pm) and ask for a medical assistant or after business hours and ask for the doctor on call if any of the following signs are present.

- If swelling, redness, and/or tenderness persist for more than a few days, or if they increase or begin again after improving.
- Fever and/or chills.
- If the site is hot to touch.

### **Patient Specific Instructions:**