



## Wound Care - No Sutures

### **Supplies Needed:**

- Ointment: Vaseline, Aquaphor, Polysporin, **or** prescription mupirocin ointment
- Cotton tip applicator to apply ointment
- Telfa or non stick pad
- Gauze for pressure if needed
- Hypafix, bandaids, or paper tape (Coban for wounds on the arms or legs)
- Extra Strength Tylenol for pain
- A wound care cover or bag for showering

- **Leave the original bandage on for 24-48 hours** unless instructed otherwise.
- After 24-48 hours, you may remove the bandage completely and shower as you normally would. Gently clean it with soap and water.
- Keep the wound free of scabbing, crusting, or “letting the air get at it.” This is done by keeping it covered with ointment and a bandage at all times. This allows the wound to fully fill in before the skin heals from the sides.
- **You will now re-bandage the wound daily.** Apply ointment, a non-stick (Telfa) pad, then gauze, then secure with Hypafix or tape.
- Bandage care kits are sold at the office for your convenience
- Repeat this process of cleaning and re-bandaging the wound until you are seen for your next follow up appointment or until the wound fully heals, typically between 4-6 weeks.

  

- **Pain/Swelling:** Tenderness and swelling is common. You may take a Tylenol Extra Strength every 4-6 hours as needed for discomfort. If discomfort persists after 12 hours, start alternating Tylenol with ibuprofen every 3 hours. You may also apply ice packs over your bandage.
- **Wound appearance:** There may be swelling, bruising, and some redness around the surgical wound. This is normal. The wound should not be hot, painful, increasingly inflamed, or draining pus. If this occurs or you develop a fever and chills, please call the office.



# CLEAR SKIN

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- **AVOID** exercise and heavy lifting for the next few days after the procedure. This may place undue strain on the wound and increase the risk of bleeding and swelling. Once cleared for exercise, please resume slowly and cautiously.
- **AVOID** swimming until the wound is completely healed. This includes; Swimming pools, hot tubs, oceans, and lakes.
- **AVOID** smoking for 7-10 days as this dramatically impairs wound healing.
- **AVOID** alcohol consumption for at least 48 hours after surgery as this may thin the blood.
- **DO NOT** scrub the area.
- **DO NOT** use a washcloth, towel, or loofah
- **DO NOT** use neosporin, triple-antibiotic ointment, or hydrogen peroxide.

**Scar:** As the wound heals, you may develop a depressed scar. Make sure to wear sunscreen! Sun exposure can darken the scar. Once fully healed, you may begin applying silicone scar gel twice daily to the area.

Please call the office if you have any further questions regarding your surgical site at  
**(727)-248-0118**

For after hours emergencies please contact the on-call nurse at  
**(727)-282-4542**