

## Care of the Wound

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### General Considerations:

Keep the bandage on and **DRY** for **24, 48, or 72 hours** as specified by your doctor.

The first day you take the bandage off, stand under the shower and let the force of the water, gently clean and remove the secretions and debris from the wound. **DO NOT** scrub, just gently dab clean with a washcloth. Dab and **Do NOT** wipe dry.

### FOR SUTURED WOUNDS: (with stitches)

For the most part, you will need to cover the wound again with a regular band-aid, so nothing pulls the stitch out. If you use an ointment, only **polysporin, not Neosporin should be used**, because we've seen allergic reactions to neosporin.

Minimize how much tape or adhesive or band-aids you use otherwise these too, can cause an allergic sensitization (redness, rash, welts or itching.) If that happens, you can use 1% hydrocortisone cream (over-the-counter) applied **ONLY** to the areas where the adhesives were, never to the wound.

Make sure we see you as we've asked you to come back. If the stitches stay in too long, you'll get a railroad track look to the scar. Every wound is different. These are general guidelines:

1. On faces and foreheads, the follow-up appointment is usually about 3-5 days later.
2. On backs, and joints, where the wound is under a lot of strain or, on tougher, thicker skin, the appointment can be 10-14 days later.
3. Follow-up requirements are variable for other types of wounds.

### FOR SHAVE OR SOME PUNCH BIOPSIES (You have two options)

You can elect to use **TEGADERM (or OMNIDERM)** You'll need to stop by a surgical supply store and buy a sheet or two of **TEGADERM (or OMNIDERM)** which you'll want to cut to the size that you will need to cover your particular biopsy site. Just follow the directions on the Tegaderm. You'll have a thin, see-through, flat dressing you are to leave in place for 3 days. You may shower with it and just dab dry around it so the edges don't lift. If it comes off, just replace it. In 3 days peel it off, let the shower rinse the wound clean and replace a new Tegaderm patch for another 3 days.

You also have the option to just redress the wound with polysporin and a Band-Aid on a **DAILY** basis **AFTER**, rinsing it well under the forcefulness of the shower water.



## ALWAYS CHECK THE WOUND FOR INFECTION

If you notice any redness on the edges getting a lot wider, red streaking away from the wound, enlarged lymph nodes, fever, or if you have any concern that the wound looks funny to you - **ALWAYS** call us immediately.

## Protection From The Sun

Do not expose the wound to the sun for at least seven days post biopsy, and for the following year, use a definitive complete sun block on the new skin to prevent hyperpigmentation or hypopigmentation (too dark or too light of a coloration that will be permanent as a scar.)

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This handout provides a general overview on this topic and may not apply to everyone. To find out if this handout applies to you and to get more information on this subject, talk to your family doctor.

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