



DR. MATTHEW BRACE

WOUND CARE CHECKLIST

Use this checklist as your guide for when to do wound care following surgery.

DAY OF SURGERY	DAY AFTER SURGERY	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	LAST DAY!
<input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed	<input type="checkbox"/> Morning <input type="checkbox"/> Before bed

Clean all wounds (**anywhere you have stitches**) twice a day with the following instructions:

Use a Q-tip soaked with a **50:50 mix of hydrogen peroxide and distilled water** (ex. 1tbsp hydrogen peroxide, and 1tbsp distilled water) to gently clean your wounds. After you have cleaned your wounds with the peroxide mixture, apply **Vaseline, Aquaphor, or Polysporin ointment**. Keeping the wounds clean and greasy will help them to heal.

If you have been given Hale Derma spray:

Spray your wounds after cleaning with peroxide/water. Allow your skin to dry, then apply the ointment.