



Wound Care Instructions- Open Wound (Granulation)

- As soon as surgery is complete, the site will be cleaned and covered with a pressure bandage. Leave this in place for **24-48 hours** unless instructed otherwise. Please go home and rest after surgery. You do not need to remain in bed all day, but please keep activity to a minimum to decrease the risk of complications like bleeding and pain. Please try **not** to remove the bandage as it helps to minimize bleeding which can occur during the first 24 hours.
- After 24-48 hours, you may remove the bandage completely and shower or bathe as you normally would. It is perfectly fine to get the area wet at this time and **gently clean it with soap and water**. After bathing, gently blot the area dry. If there is any crust or dried blood over the area, use some hydrogen peroxide and a Q-tip or cotton ball to gently remove it. It is very important to remove any and all crust or scab as it can inhibit and slow down the wound healing process. It is not the best practice to let the wound “breathe” or to let the air “get at it”.
- Once the area is cleaned and dry, **apply a layer of ointment** across the entire wound. If you were prescribed mupirocin ointment, please use this. If not, any petroleum-based ointment is fine. This includes Vaseline, Aquaphor, Polysporin, and Triple-antibiotic ointment. They are all essentially equivalent. It is very important for the healing process to keep the wound free of scabbing, crusting, drying up or “letting the air get at it.” This is done by keeping it **covered with ointment and a bandage at all times**. The only time the wound is ever exposed to air is during bathing. This allows the wound to fully fill in before the skin heals from the sides and minimizes the chance of having a depressed scar.
- You will now **re-bandage the wound**. This depends on the size of the wound and the anatomic location. For very small wounds (i.e., less than an inch), a standard band-aid is fine. For slightly larger wounds, you may want to use a 3” x 2” band-aid available at most drug stores. If this is a bit large or cumbersome, feel free to cut it to fit. You may also create your own bandage by first applying a non-stick pad (i.e., Telfa) over the ointment, cover with a piece of gauze and secure with paper tape. Paper tape is especially helpful if you are sensitive to adhesive.
- Please **repeat this process of cleaning, applying ointment, and re-bandaging the wound once or twice per day** until you are seen for your next follow up appointment or until the wound fully heals, typically between 4-6 weeks.
- Please avoid heavy lifting for the next few days after the procedure. This may place undo strain on the wound and increase the risk of bleeding and swelling. Once cleared for exercise, please resume slowly and cautiously.
- Please avoid smoking for 7-10 days as this dramatically impairs wound healing and minimize alcohol consumption for 48 hours after surgery as this may thin the blood.