

CARE FOR YOUR WOUND SITE:

- You may leave the bandage placed on your site by our office until the following day. If it is visibly soiled, it is ok to go ahead and change it.
- When cleansing, gently remove the previous bandage. Wash the area with warm, soapy water. It is ok to shower and let the soap and water wash the area. Avoid hydrogen peroxide as it destroys new, healthy tissue. Avoid using a washcloth to sites with stitches as they can get caught on the fibers and pull.
- After cleansing site, pat dry and reapply healing ointment like Aquaphor, CeraVe Healing, plain Vaseline (petroleum jelly), or Polysporin, Please avoid Neosporin or triple antibiotic ointment as many allergies develop to these.
- This process of changing, cleansing, and covering these sites should continue for at least 7 days. We now know moist wound healing is better than letting them dry out and scab. The lower the site is on the body, the slower it will heal. One example; the lower leg will need wound care for at least 3-4 weeks and seem very slow to heal.
- If you have sutures, please limit activity that pulls on the sites. Sutures can be broken by strenuous activities and sites can open. In addition, please do not swim in any natural bodies of water while you have sutures in your site. Keep your follow up appointment for suture removal at our office unless other arrangements have been made.

WHAT TO REPORT:

- It is normal for areas to be tender, especially for the first three days. It is ok to take over-the-counter pain relievers as needed. We recommend rotating these for the best pain control per the bottle instructions. It is also helpful to limit activities using the site and apply cool compresses as needed.
- It is also normal to have some mild surrounding redness, especially in the lower legs and a whitish-green thin film to develop across shave biopsies. This is your body trying to heal the site.
- If your site becomes itchy and swollen, please make sure you are not using Neosporin or similar as this is a sign you have developed an allergy to the ointment. Please stop the usage immediately and change to plain Vaseline (petroleum jelly). If it continues after 24 hours or worsens, please contact our office.
- Report the following to our office:
 - Intense, increasing pain
 - Streaking redness coming from site
 - Strange smells coming from wound and/or cloudy drainage
 - Painful lumps developing beneath the site
 - Bleeding that restarts and doesn't stop once at home
 - Sutured sites that open up, especially within the first three days
- After hours and you have an emergency: If severe, go to ER or walk-in clinic. If needed, call or text Gillie at (615) 218-2434.

SUMMARY:

- **TWICE A DAY x AT LEAST 7 DAYS**
 - Remove dressing
 - Wash area gently
 - Pat dry and apply ointment then cover with new bandage
 - We will contact you with results once received or at your suture removal appointment.

Thank you for choosing us for your skin care needs!