

Patient Information re: Wound Care

Most wounds will heal in about 7-10 days depending on the area of the wound. Post inflammatory hyper-pigmentation (residual redness) will fade gradually over time and is often related to the way individuals normally heal.

Please keep your wound occluded until the scab falls and the wound is light pink and dry. It is acceptable to use a non-stick dressing like Elastoplast or Band Aide brand. Using Polysprin or other sterile ointments will help the healing process.

If your wound is on your scalp or a difficult area to occlude you may apply polysporin or other sterile ointments until pink and dry.

Please change your dressing daily; it may be easiest to change your dressing in the shower. You may wash your wound with mild soap and water before adding a new dressing. Do not use alcohol or Hydrogen Peroxide on your wound as they may irritate and delay healing.

If you are experiencing any pain you may take Tylenol Advil or Aleve as directed. Refrain from using any ASA products (like Aspirin) until healed.

Please keep your dressing as clean and dry as possible if your dressing gets wet or dirty please remove, wash, and change it.

Refrain from swimming until your wound is healed. Refrain from exercise until your wound is healed.

If your wound becomes infected (persistent or increasing swelling, pain, yellow discharge, and redness) please call our clinic and we will see you as soon as we are able. If you cannot reach us please consult a physician as soon as possible.

If you have had sutures used to close your wound please return for removal in ____ days

If glue was used to close your wound, do not scrub off the glue. Keep your wound open and dry. You may use light gauze dressing to protect the area from trauma. The glue will naturally slough off in about 5 days.

For patients that have received **Liquid Nitrogen Cryotherapy**, your treatment area will take about 10 days to heal. It will first swell and redden and then start to scab. The scab will fall off in about 7-10 days. You may wash your wound with mild soap and water. A dressing is not necessary except to protect it from trauma. Refrain from swimming until your wound is healed. Refrain from exercise until your wound is healed.

All wounds heal with a scarring process and we make every endeavor to make your scar as small and thin as possible. If you have concerns about your scar please bring it to our attention.