



SECOND INTENTION WOUND CARE INSTRUCTIONS

Your wound is going to heal naturally by “Mother Nature.” This may take a month or longer, depending on the size of the wound and its location on the body.

WHAT IF I HAVE BLEEDING?

The greatest risk of bleeding occurs in the first two days after surgery. Try to take it easy and avoid exercise, heavy lifting, bending over, or other activities that increase your heart rate and blood flow to the surgical site.

Some mild bleeding is normal. If the surgical site bleeds enough to saturate the surgical dressing, apply direct pressure right over the dressing for 15 minutes without releasing. If the bleeding stops, you do not have to change the dressing. Wait until morning to do that.

If the bleeding continues despite direct pressure, please call our office at (719) 574-0310.

WHAT IF I HAVE PAIN?

Take Extra-strength Tylenol (500mg Acetaminophen) every four hours as needed for pain. You may substitute a prescription pain pill if one was prescribed for you.

HOW DO I TAKE CARE OF THE WOUND?

1. Leave the original dressing in place for at least 24 hours.
2. Gently clean the wound with warm water. You may use a mild soap or soapless cleanser such as Cetaphil.
3. After cleaning the wound, apply a generous amount of Vaseline or Aquaphor ointment over the wound. (In some cases a medicated ointment will be prescribed). It is important to keep the wound moist. Try not to let the wound dry out and scab.
4. Cover the wound with a band-aid or non-stick dressing.
5. Re-apply more Vaseline or Aquaphor ointment a second time later in the day.
6. Repeat this wound care daily until your next appointment.