



Wound Care Instructions

1. Within 24 hours, remove the dressing. If showering/bathing at this time, you can gently wash the wound with soap and water. Otherwise, follow the directions in Step 2.
2. Twice daily, clean wound with Hibiclens (Clorhexidine) then rinse thoroughly. This can be purchased at your grocery store or pharmacy. After cleansing and rinsing, apply Vaseline or Aquaphor to the wound. Use a topical antibiotic ointment only if instructed by your physician. Cover with a band-aid or gauze dressing until the wound heals smooth to the surface (usually 7-14 days). Vaseline and Aquaphor will speed the wound healing process.
3. DO NOT allow a thick crust to form. This will increase scarring. If the wound develops a crust, use warm compresses for 10 minutes, 2 to 3 times daily to remove crusting and then reapply Vaseline or Aquaphor.
4. If a Duoderm pad is used, it may remain in place up to 24-48 hours. This pad makes its own healing gel and some may ooze out from the edges of the pad. This is normal. If the oozing is excessive (or after 48 hours), change the pad. Clean the area with Hibiclens (Clorhexidine), rinse, and reapply new pad as instructed.
5. Stitches should be removed in: 5 Days 7 Days 10 Days 14 Days

Your appointment is for _____ at _____

6. If the wound develops a thickening scar after 4 to 8 weeks, call the office to schedule a follow-up appointment to have the scar examined and to discuss possible treatments.
7. The wound may stay pink for several months. Protect it from the sun with SPF-30 sunscreen.
8. If you are instructed to perform white vinegar soaks, make the following solution:
One gallon of water
Subtract one cup of water out
Add one cup of White Vinegar
Soak a cloth in the solution and apply to wound area for 5 to 10 minutes.
Repeat soaks three to four times a day. Do not reuse cloth without laundering first.

Watch for Infection: *Tenderness, swelling, redness, pus, and odor can be signs of infection. Please monitor this closely. If there is no improvement in 12 to 24 hours, call the office at 410-203-0607 Option 5 during business hours (8-4:45 M-Th and before noon on Friday). We may need you to come in for a wound check to determine if you need treatment. If you call after hours, the on-call provider may direct you to an urgent care facility for evaluation. If you are uncertain about how your wound is healing before the weekend, please contact us during business hours and no later than noon on Friday!*
