



Caring for Granulating Wounds Using Hydrogen Peroxide (After skin surgery)

How do I care for my wound?

A pressure bandage has been applied to help prevent bleeding. This dressing should remain in place for 24 hours. If the dressing comes loose prior to this, re-tape it.

After 24 hours, remove the original dressing. The wound can get wet in the shower after the bandage is removed. Clean the wound as follows twice a day until it has healed or until we see you.

1. Wash your hands.
2. Gently clean the wound with soap & water. Do not scrub vigorously.
3. Gently clean the wound with hydrogen peroxide using a Q-tip or cotton ball.
 - Do not scrub vigorously.
 - A yellowish film may firmly adhere to the base of the wound. This is normal and does not need to be removed by scrubbing.
 - It is also normal to notice a thin red ring around the wound.
3. After _____ weeks, **stop** using hydrogen peroxide and switch to plain soap and water to wash the wound. (If you use the hydrogen peroxide for too long, you will irritate the surrounding skin and actually prevent the wound from completely healing.)
4. Pat dry.
5. Apply a thin layer of Vaseline ointment until healed.
6. When cleaning with soap and water continue to keep the wound moist with ointment.

7. At home, the wound can be left open without a bandage but be sure it remains moist with ointment. Cover with a band aid, if desired. You want to **avoid** having a scab.

How can I manage my pain after surgery?

Any pain is related to swelling and should be minimal. For the first 1-2 days:

1. Apply an ice pack over the dressing for 15-20 minutes every 1-2 hours until bedtime on the day of surgery.
2. Take Tylenol extra strength (acetaminophen 500mg), 1-2 tablets every 6-8 hours as needed, but not to exceed 6 pills in a 24-hour period, (unless allergic).
3. For areas on the head and neck, sleep with your head elevated on 2 pillows.

Should I decrease my activity level?

Activity increases your risk of bleeding and pain by increasing blood flow to the area.

1. Decrease activity for the next 24 hours or as directed.
2. Avoid all exercise, bending, lifting, aerobic walking, recreational sports, etc. Any activity that increases your heart rate increases your risk of problems.

Should I be concerned if the wound is bleeding?

You may notice a small amount of blood on the dressing for the first few days and this is normal. However, if bleeding persists, is excessive, or soaks through the bandage:

1. Relax and recline.
2. Apply firm, steady pressure to the wound for 15 minutes straight, **without lifting**.

If bleeding continues, call our office or one of the physicians listed on the “Who do I call?” sheet. In the rare event that you cannot reach anyone on the list, you may go to the nearest emergency room.

What will the wound look like?

There may be swelling or bruising around the wound, especially near the eyes. If the wound becomes increasingly red or inflamed, warm, tender, drains a creamy fluid, or if you develop fever or chills, please call our office.

How long will it take for my wound to heal?

Your wound will fill in and heal on its own over the next several weeks. You may experience itching, tingling or numbness near the wound as it heals.

Will I have a scar?

The scar may remain pink for months but will fade with time.

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