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## WOUND CARE INSTRUCTIONS

1. After procedure, leave dressing/bandage on until next morning.
2. You may shower in the morning, removing bandage, and cleansing the area *gently* with soap and water. If stitches are present, be careful not to “catch” them with sponge or wash cloth.
3. If wound has dry blood or crusting, you may apply hydrogen peroxide diluted in half with tap water to help remove the dried blood.
4. Then place new bandage/Band Aid on wound. If antibiotic ointment is desired, we recommend simply using petroleum jelly instead; many people are now allergic to antibiotic ointments (e.g. Neosporin, “triple antibiotic”) and a perceived infection may actually be an allergic reaction to the antibiotic ointment.
5. We recommend Tylenol for discomfort, if no contraindications. Aspirin and other blood thinners should be avoided if possible, especially for the first 24 hours after a procedure (check with the nurse if any questions regarding this).
6. If desired, ice applied under a washcloth, several minutes on, several minutes off, for the first few hours after surgery can be very helpful to keep bruising down and shorten the recovery time.
7. If persistent bleeding occurs, apply steady, direct pressure to the wound for 5-10 minutes. If persistent bleeding or a painful swelling occurs, please call our office at 856-232-7500.