

Moore Dermatology Mohs Surgery Sutured Wound Care

Immediately after: Ice the areas 3x daily for 15 minutes x 2-3 days. If the wound is on the head / neck keep it elevated, sleep with your head elevated by pillows or in a recliner. You may take Tylenol extra strength if you have any discomfort; usually the area is slightly tender to the touch for a few weeks.

Do NOT touch the bandage for 48 hours. In 2 days: You may wash the site with regular soap and water. It is encouraged to wash the site twice daily for the first week then at least daily after that (If you have a GRAFT do NOT wash it!). Clean the wound with plain soap and water to remove any built-up crusts and exudates, gentle cleansing won't harm a wound.

Moist, covered wounds heal the fastest: Scab = scar, scab = slow healing. The wound should be moist with Vaseline or petroleum jelly (in a tube not a jar) applied with a Q-tip NOT your finger. Do NOT USE NEOSPORIN. You may use polysporin if you have had no allergy to this. Keeping the wound moist improves healing and prevents infection.

How often do I change the bandaid? Twice daily, when you apply a new coat of Vaseline to the wound. The wound should be covered with a band-aid for 2-3 weeks until it has healed (4-5 weeks for legs). If you are having an allergic reaction to the bandaid, just make sure your wound is always moist and Vaseline is applied often (5-6 times daily). For deeper wounds a prescription healing ointment called **Biafine emulsion** is used 1-2 x a day covered with a band-aid or gauze pad with tape.

How long do I apply Vaseline and a bandaid? 1-2 weeks until the sutures are removed, then for 1 week after just apply Vaseline. If you hate the bandage, you can go without it, but you must reapply the Vaseline 5-10 times a day, the wound must not dry out.

Yes you can Shower: You may wash the site with regular soap and water. It is encouraged to wash the site twice daily for the first week then at least daily after that. Clean the wound with plain soap and water to remove any built-up crusts and exudate, gentle cleansing won't harm a wound.

Inflammation and Swelling: These are normal, especially if this was done on the lower leg. Ice 15 minutes on 15 minutes off if the inflammation continues.

Infection: Infection is rare but can happen, call us if you notice increased swelling, pain, or tenderness please call us **708-450-5086**.

FACE/SCALP:

Ice: Apply ice packs for 10-15 minutes on and 15 minutes off, then 15 minutes on and 15 minutes off. Do this 3 times for the next 3 days.

Sleeping: Sleep with your head elevated for the first 2 nights (you can sleep in a recliner or in your bed with 2-3 pillows behind your head)

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Do **NOT** sleep on the side of the body with the wound.

Bending over: Do not bend over and put your head lower than your heart, if you have to bend, bend at the knees.

HAND:

Ice: Apply ice packs for 10-15 minutes on and 15 minutes off, then 15 minutes on and 15 minutes off. Do this 3 times for the next 3 days.

Sleeping: Keep your hand elevated above your heart for the first 48 hours, when sleeping prop your hand up on 2 pillows.

Movement: Avoid as much movement as possible for the next 48 hours, and minimize movement for the next 2 weeks.

Lower Leg:

This is the farthest area away from your heart = this takes the LONGEST to heal.

Be Patient: These wounds can take several months to heal, if you are a diabetic an antibiotic may be prescribed.

Swelling: Your legs WILL be swollen, the surgical site will be swollen, please try and keep your leg up as much as possible the first 2 weeks, walk as little as possible, and no extensive exercise for 2 weeks.

Support Stockings: These help heal the wound faster, improve blood flow and circulation, and are generally tolerated very easily. Knee-highs are usually adequate unless you have extensive varicose veins or arterial circulation issues. These can be found downstairs or at any medical supply store, we recommend 20-30 mmhg.

Unna Boot: If an Unna Boot is applied (this is a moist gauze bandage that promotes healing, increases circulation, and reduces the chance of infection. The boot is usually wrapped from toes to just below the knee, and then an elastic bandage is wrapped tightly over the Unna Boot. Our office will apply a new Boot every week until you are healed.

Unna Boot Care: Keep the Unna Boot dry. Do not take a tub bath or shower when wearing an Unna Boot unless you cover it with a large plastic bag. The medical staff will explain how this is done. In some cases, a sponge bath may be the only option. You should be able to wear a sock or stocking over an Unna boot as well as your regular shoes. If your foot is swollen, a wider shoe or slipper might be needed.

Questions?: Call us at 708-450-5086 and ask to speak to our medical staff. For after hour emergencies only, Dr. Campbell's cell phone: 312-569-9437.