

# Dermatology, Laser & Vein Specialists OF THE CAROLINAS

## **BEFORE REMOVING YOUR BANDAGE/DRESSING:**

- Leave the pressure dressing in place for ~24 hours. Supplies for at-home wound care (pictured below) can be found at most major drug stores. (CVS, Walgreens, etc.)
  - **Small wounds:** Q-tips, petroleum jelly, Band-Aids
  - **Large wounds:** petroleum jelly, non-stick pads, paper tape

## **HOW TO CLEAN & CARE FOR THE WOUND:**

- Remove the pressure dressing. Gently clean the wound with soap & water.
- Pat dry. Apply a thin layer of petroleum jelly. Cover with a non-stick gauze pad. Secure the gauze pad in place with paper tape.
- For small wounds, use a Q-tip to gently clean the wound. Pat dry. Apply a thin layer of petroleum jelly and a Band-Aid.



## **PATIENTS WITH SKIN GRAFTS:**

- Leave the pressure dressing on for 2-4 days.
- Grafts are fragile—it is important to keep it moist with petroleum jelly & covered **at all times**.
- Clean as above, very gently.
- Limit exercise and activity for the first 1-2 weeks.

## **ACTIVITY:**

- No heavy lifting (5lbs. or more) or vigorous activity for the first 2-3 days (running, biking, etc).
- We will discuss specific exercises at the time of surgery.
- For wounds in areas of high stretch (upper back, shoulders, chest, elbows), be careful of making any sudden or strong movements.

## **PAIN MEDICATION:**

- If you are taking a narcotic pain medication, do not attempt to drive.
- For most smaller wounds, Tylenol (acetaminophen) or Advil (ibuprofen) work very well, especially when **alternated every 2 hours**.

**Tylenol:** 325 mg; 1-2 tabs every 4-6 hrs. Max 4000 mg/day

**Advil:** 200 mg; 1-2 tabs every 4-6 hrs. Max 3200 mg/day

IF YOU HAVE QUESTIONS OR CONCERNS  
PLEASE CALL OUR OFFICE: **(704) 375-6766** | 24 HOURS A DAY, 7 DAYS A WEEK