

### **E.D.C./Wound Care Instructions**

1. A Tegaderm dressing was applied in the office following your procedure, and should stay in place for 3-4 days. Depending on the anatomic location, the wound may take 3-5 weeks to completely heal (as indicated by a new layer of skin on top of the wound). Continue with the wound care routine described below until that time.
2. Change the Tegaderm dressing every 3-4 days. Tegaderm dressings can be purchased in your local pharmacy. After removing the dressing, cleanse the wound with mild cleanser and water. You may gently loosen these crusts with a cotton ball or tissue. Rinse and pat dry. The first few days, the wound may be tender and may bleed slightly, or seep a small amount of clear fluid. For stubborn crusting, place a wet gauze with cleanser and water over the wound for five minutes -- in order to soak and loosen the debris. Do not pull or pick off any crusts.
3. Apply a thin layer of Resurfix Healing Ointment (sold in our office) or Aquaphor Healing Ointment over the wound after cleansing. Cover the wound with a Tegaderm dressing or Band Aid.
4. A small amount of blood on the edges of the dressing the first few days is normal. If bleeding persists, then apply firm, steady pressure over the dressing for fifteen minutes. If bleeding persists, call our office.
5. Post-operative pain is usually minimal. If necessary, Tylenol usually relieves any pain you may have (2 tablets every 4-6 hours as needed).
6. For wounds in certain areas (such as legs, arms, back ) avoid physical exertion and activities that may stress the wound -- thereby making the scar more cosmetically noticeable. *If you are unsure about certain activities, ask Dr. Duke.*
7. After 24 hours, you may shower, however, do not let the forceful stream of the shower hit the wound directly. The Tegaderm is a waterproof dressing, and should keep the wound dry. Placing "Saran Wrap" over the dressing will ensure the Tegaderm stays sticky. For at least 1-2 weeks, *avoid swimming, or soaking in the bathtub.*
8. If the wound becomes increasingly red, warm, tender, opens up, drains a pus-like substance, or if you develop a fever or chills, *call our office immediately at (860) 245-0000.*