



Lowe Plastic Surgery (LPS)
GROIN OPEN WOUND CARE INSTRUCTIONS

1. **Supplies Needed:** Soap (Dove or Lever 2000 unscented), Hydrogen Peroxide (H₂O₂), Tap Water, Porous 4X4s or Nu (Strip) Gauze, Telfa (non-adherent dressing), Medical Tape, Garment or Net Dressing, and Abdominal Pad (ABDs).
2. **Wound care:** An open wound of the groin or private area is not sterile. When cleaning a non-sterile wound it is important to use good hygiene by washing your hands first and using non-sterile gloves when others are dressing the wound. The wound care sequence:
 - Once a day clean the wound with soap and water, Lever 2000 is best, and pat dry.
 - In the groin sitting in a Sitz Bath is often recommended. Sitz bath consists of water 4-6 inches in tub with soap or hydrogen peroxide as instructed by your surgeon.
 - Groin wounds are often best cleaned after soaking with a removable shower head. Let the water hit the wound directly if tolerated.
 - Remove old creams or ointments and debris during cleaning.
 - Use quarter percent Hydrogen Peroxide to remove old blood or clot
 - Avoid using non-diluted H₂O₂ and discontinue when old blood gone or after 3 days has passed.
 - After Sitz bath and showering dry off well. Use a hair dryer to dry wet areas and the wound.
 - Shower when possible once a day; and twice a day if wound is dirty or smell's bad.
 - Avoid burning skin with the hair dryer and remove debris from wound with gauze if necessary.
 - Nutritional status must be maximized & nicotine products are strictly avoided
3. **Re-evaluation:** After the wound has been properly cared for it may need to be re-access to see if other procedures are required. Groin or private area wounds are often the result of severe or aggressive infections and the soft tissue may need to recover or be cleaned for a period of time prior reconstruction. If the wound is to be closed it must be cleaned first and debris should be removed slowly over time. Most wounds in the area cannot be closed at the first operation and some require multiple staged reconstructions. If the wound becomes re-infected or remains dirty patients may require a surgical debridement before closure is attempted. Second opinions are always recommended prior to initiating a treatment regimen. If the wound does not improve after proper wound care recommendations may include:
 - Local debridement
 - Change in wound care or medications
 - Wound clinic referral
 - VAC Application – suction wound device
 - Skin grafting
 - Surgical Reconstruction with regional or distant flap
 - Secondary referrals
 - Infectious Disease consultations
4. **Individualized care:** Care for open groin wounds should be individualized. Each patient has different issues that impact care such as age, health, nutrition, location, and complexity. There are times when surgery is not appropriate. Please notify your physician:
 - Significant bleeding that does not stop after 15 minutes of continuous pressure
 - Wound becomes significantly red, swollen, hot, or is significantly oozing
 - You develop a persistent fever over 101.5 F°
 - Severe pain not controlled by medications

PSDA PHONE NUMBER: (405) 942-4300

- Please call for all tissue cultures or lab work results if you have not heard from us within a week.
- Please feel free to call us at any time if you have questions, change in condition, or problems.