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**WOUND CARE INSTRUCTIONS FOR OPEN WOUNDS**

**Keep the initial pressure bandage dry and do not remove it for 48**

**For Pain Control:**

**Ice:** Apply ice (or frozen vegetables) wrapped in a thin dishtowel over the bandage for no more than 20 minutes at a time. This will help with pain and swelling.

**Acetaminophen:** Extra Strength (500mg) 1 to 2 tablets every 6 hours as needed. Do not exceed 3,000mg of acetaminophen in a 24-hour period.

**Ibuprofen:** 600 mg every 6-8 hours

- Do not take more than 2400mg of ibuprofen in a 24-hour period. This means you should not exceed 4 doses of (600 mg) of ibuprofen in 24 hours.
- Remember to eat a small meal when you take the antibiotic or pain medicine to prevent having an upset stomach.

**Alternating Acetaminophen and Ibuprofen:** has been shown to provide very effective and strong pain relief. Take acetaminophen (1 to 2 tablets), then 3 hours later take ibuprofen (600 mg), then repeat for 24 hours as needed for pain.

**In case of active bleeding:**

Bright, red bleeding that is non-stop from the site is not expected but may occur.

If bleeding occurs and bandage is not soaked:

- do not remove the bandage.
- Apply firm, direct pressure over the bandage for 20 minutes (no peeking).
- if it is still bleeding, please contact the clinic.

If bleeding occurs and the bandage is soaked:

- Remove the bandage
- If bleeding continues after 40 minutes of pressure, contact our office right away.

Once the bleeding has stopped:

- Wash area with mild soap (Baby shampoo, Dove, Cetaphil) and water using clean gauze or Q-tips. Gently remove any dried blood or excess crusting.
- Rinse well using tap water
- Pat dry
- Apply a thin layer of Vaseline or Aquaphor to site using a clean Q-tip.
- Cover site with Telfa pad (non-adherent pad), gauze, and tape.

## After the First 48 hours

- Remove the bandage. To decrease pulling on the skin, you may do this in the shower, after getting the bandage wet.
- Wash area with mild soap (Baby shampoo, Dove, Cetaphil). Gently remove any dried blood or excess crusting. If the crusting does not come off easily, do not force it to be removed.
- Rinse well using tap water
- Pat dry
- Apply a thin layer of Vaseline/Aquaphor to site using a clean Q-tip.
- Cover site with Telfa pad (non-adherent pad) and tape, or dot bandaid. It is important to tape all aspects securely down to not let air get under and dry the area out.
- Continue with these wound care instructions daily until the area has fully healed over.
- It is important to not let the area dry out or scab, as that will create more of a permanent "divit" or depressed area as it heals under the scab. This is avoided by applying ointment and an air tight bandage.

## Other instruction during the postoperative period:

- Elevate the surgical site (Site: Hand, leg) to help decrease swelling.
- If the site was near your eye or on your forehead, you may experience a black eye or your eye may swell shut. Don't be frightened. This is normal and will usually take a few days to improve.
- If your surgery site is below the knee, wear knee-high compression stockings which will decrease swelling, pain, and infection. (these can be bought at Medical Supply stores/ on-line/ King Soopers, and should be over 15mmHg pressure to be beneficial)
- Do not wear compression stockings if you have diabetes, or other forms of poor circulation.

## What to Expect

- It will take 4-6 weeks for the site to heal, which can be longer on the leg, scalp, ear.
- There will be bruising and swelling that can last between 1 and 2 weeks. For areas of the leg/foot, and around the mouth or eye, the swelling is expected to last longer.
- light, red drainage and thick, yellow build up (fibrin) is normal as the wound heals, and usually goes away after the first two weeks. It is normal and does not mean the wound is infected. It is good to scrub off what yellow build up you can day by day with cleaning.

If you have any questions or concerns, please call our office 24 hours a day at **303-368-8611**.

## OTC Blood Clotting Agents

Here is a list of recommended blood clotting agents that can be found over the counter at most pharmacies (CVS, Walgreen, Walmart, etc) for people who have easy bleeding:

