



ED&C Wound Care Instructions

These instructions will help prevent infection and speed the healing process.

1. Keep the initial pressure dressing in place for 1-2 days without disturbance. Avoid getting the pressure bandage wet. Apply an ice pack to the surrounding area for 20 minutes every 1-2 hours.
2. After 2 days, gently remove the dressing. Cleanse the area with warm water and a mild soap, allowing the water to do the work and not your fingers or a wash cloth. **DO NOT SCRUB AT THE SUTURE SITE.** Pat the area dry after washing.
3. Apply a heavy layer of Aquaphor or Vaseline ONLY unless the physician states otherwise. Cover wound with a NON-STICK dressing cut to fit the size of the wound. Secure with paper tape.
4. It is recommended that you take extra strength Tylenol/Acetaminophen in a scheduled fashion or medication that may be prescribed by the physician after your procedure.
 - Avoid alcohol, anti-inflammatory medications such as Aspirin, Aleve or Ibuprofen, and herbal supplements for a minimum of 1 week after surgery, **unless otherwise instructed by a physician.**

During the Healing Process

- The area may remain slightly numb or become mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.
- It is normal for the wound edges to feel tender, appear pink, and have a yellow-central discharge.
- A low grade fever (99 – 101 degrees) may develop. Extra strength Tylenol, two tablets every four hours, may be used.
- If a fever lingers for more than 1 day, redness spreads from the edges outward, the wound becomes very tender or begins to drain pus, or if you have further questions or concerns please call our office immediately.

For questions Monday – Friday (7:00 am to 4:30PM) please call our office at (410) 252- 9090.