



Second Intention Healing Instructions

1. Keep the initial pressure dressing in place for 2 days without disturbance. Avoid showering. Apply an ice pack to the surrounding area for 20 minutes every 1-2 hours.
 - If the surgical area is on the head or neck sleep with the head elevated on 2-3 pillows.
 - If the site is on the leg keep that area elevated as much as possible. Try to avoid standing or walking for extended periods of time. Keep the leg wrapped with an ace bandage to reduce swelling.
 - If you experience bleeding through the bandage, use clean gauze and apply pressure to the wound for 20 minutes without peeking.
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 THE WOUND.** If the wound is on the scalp you may use a mild shampoo. Pat the area dry after washing.
3. Apply a heavy layer of Aquaphor or Vaseline ONLY. The wound should then be covered with Telfa NON-STICK dressing cut to the size of the wound. Secure this with paper tape. This routine should be completed twice daily for 2 weeks.
4. After 2 weeks begin applying a dry bandage (No Vaseline) to allow scab formation, unless otherwise instructed by a physician.
5. It is recommended that you take extra strength Tylenol in a scheduled fashion or medication that may be prescribed by the surgeon 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.
6. Avoid smoking for 1 week. Avoid bending, lifting or exercising as directed.
7. Follow up in 3 weeks for a wound evaluation.

During the Healing Process

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

For questions Monday - Friday 7:00 am to 4:30pm please call our office at (410) 252- 9090. After hours you may call Dr. Syed at (410) 375-1807.