

Russel S. Glaun, M.D., P.A.
Board Certified Dermatology
& Dermatopathology

1590 NW 10th Ave #304
Boca Raton, FL 33486
(561) 392-4558

WOUND CARE INSTRUCTIONS

1. **Keep dry today** and remove the dressing tomorrow.
2. Use **hydrogen peroxide** to clean the wound for **two days only**.
Be gentle. Allow the peroxide to bubble and clean the wound until any bloody or dry crusts are removed. **After two days clean the area with soap and water.**
3. Pat dry with a gauze pad or tissue.
4. Apply **Vaseline or Aquaphor Healing Ointment** with a Q-tip directly on the wound surface.
5. **Cover with a Band-Aid or telfa pad** and paper tape
A telfa pad is a non-stick pad like the one in the center of a Band-Aid. Paper tape is less irritating than other tapes. Try to rotate the Band-Aid or tape to cover different areas of the skin each time.
6. **Repeat this cleaning once daily until the wound is healed.**

IMPORTANT

Answers To Frequently Asked Questions

- If Bleeding occurs apply pressure, you may also use ice. Call our office if bleeding does not stop.
- It is normal to have a small ring of redness around your wound as it is healing. A thick yellow substance may also appear within the borders of the wound. These two features do not mean that the wound is infected. However, if you develop increasing pain with an enlarging circle of redness and swelling, please do not hesitate to call our office.
- If you develop severe itching and redness around your wound, you may have an allergy to the Band-Aid tape itself. Call our office if this occurs.
- Small wounds may take just a few weeks to heal and larger ones up to 8 – 10 weeks, especially on the legs. The wound will form a scar of bright pink skin. The color of this scar will fade gradually over the months. Rarely, it takes up to twelve months for the scar to lighten.
- Getting the wound wet is not a problem – you may shower, use soap and shampoo, or go in the pool. Always remove the Band-Aid first.
- Do not wear make-up directly on an open wound – infection could occur, and/or the wound could heal with discoloration.
- It is an old wives' tale that a wound heals better when exposed to the air. If kept clean and covered with ointment and a bandage, the wound will heal faster and with a nicer cosmetic result.