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See also **General Instructions after skin surgery**
Supplies in Post-Surgical Wound Care

Post-Surgical Wound Care

Supplies

- Vaseline petroleum or Fucidin or Polysporin ointment. **Do not use cream.**
 - Sterile salt water (normal saline):
To make: ½ teaspoon of salt mixed into a cup of boiled, warm (not hot) water
 - Q-tips
 - Optional: telfa and paper tape or standard bandage (recommended for areas other than the face)

Instructions

1. Wash your hands with soap and water before every wound dressing change
2. Carefully and slowly remove the dressing.
3. Clean the wound once or twice daily. Dip some gauze into the salt water and hold it on the wound for 5 minutes. The water should soften, loosen and remove all dried blood and other debris from the wound or stitch-line. If the crust does not come off, you may hold gauze that is soaked with saline on the area for 10 minutes and use a Q-tip to remove specific crust
4. When all debris and blood is removed, gently dry the area and apply the Vaseline or ointment to the wound with the Q-tips. This should be done once or twice daily until 1 week after the stitches are removed.
5. If a cotton ball was placed on the wound, this can be removed in 2-3 days, First soak with saline and then gently remove

Bandaging

- The wound will heal satisfactorily if it is left covered only with Vaseline or ointment.
- If you wish to cover the wound for cosmetic reasons you may do so by applying a small Telfa pad or bandage over the Vaseline or ointment area. Telfa pads may be fastened down with paper tape or you can use a standard bandage (band-aid).
- Wounds on the body (not on the face) often benefit from a wound dressing until the stitches are removed, to avoid rubbing against clothing.

Using

Do not apply make-up or sunscreen to the area until 1 week after the stitches are removed. Avoid sun exposure to the wound.

Makeup etc.