



WE ARE SKIN CARE<sup>®</sup>

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### Wound Care Instructions following ED&C

1. Please leave your initial bandage on for the first 48 hours after surgery. Keep it clean and dry. Do not get the dressing wet.
2. After 48 hours remove the dressing that was placed on your skin at the time of surgery. It is often helpful to do this in the shower after getting the dressing slightly moist with warm water. Do not get the dressing "water logged" as this can lead to wound breakdown.
3. After removing the dressing, wash the wound gently with soap and water. Current research has shown that scab formation inhibits wound healing and leads to more noticeable scars. This is contrary to the old belief that many of us grew up with: that scabs were "good." Do your best to prevent scab formation. If a scab forms, gently remove it by using one part hydrogen peroxide mixed with two parts water. Do not use hydrogen peroxide on a wound without sutures.
4. After cleaning the wound put a decent size amount of Vaseline directly on the wound using a fresh Q-tip. Then cover the wound with a clean large band aid or non-stick (Telfa, release, etc.) dressing. Place a clean dressing and vaseline on your wound daily for two weeks.
5. You may take Tylenol (acetaminophen) for any post-operative pain you may experience. Please avoid alcohol and aspirin-containing products for 48 hours after your surgical procedure because these can increase the risk of post-operative bleeding. This includes Ecotrin, Bufferin, Motrin, Advil, Nuprin, Ibuprofen, etc.
6. If you notice any bleeding after your surgery, place firm pressure over the wound for 20 minutes straight using a dry towel or washcloth. Do not remove the dressing. Once the bleeding has stopped, you may reinforce the dressing with some gauze. If the bleeding does not stop, then contact us immediately.
7. If your wound becomes red, warm painful, begins to drain, or if you develop a fever of 100.4°F or greater, please contact us.