

### **PATIENT INFORMATION FOR NATURALLY HEALING WOUNDS**

Clean with a mild soap, blot dry, apply Vaseline/Aquaphor, and cover with a band-aid, three times a day.

During the healing process you will notice a number of changes. During the first week or ten day there will be little apparent progress. **All** wounds develop a small surrounding halo of redness, which means healing is occurring. Extensive itching and sever redness usually indicate a reaction to the bandage tape or perhaps a sensitivity to the ointment used to dress the wound. You should call our office if this develops.

Swelling and/or discoloration around the surgical site are not uncommon, particularly when performed around the face.

All wounds normally drain (the larger the wound, the more drainage) which is why daily dressing changes are so important. This drainage becomes less apparent after the first week. After 1-2 weeks the healing will become more rapid, and you will notice the wound beginning to shrink and new skin beginning to grow. A healed wound has a healthy shiny look to the surface and is red to dark pink in color. Small wounds may heal in 2-3 weeks. Larger wounds may take 4-5 weeks total. After the wound is healed you can stop daily dressing changes. The wound will remain quite red and will slowly fade over the next few weeks or months. Sometimes it can take 6 months to 1 year for the redness to fade completely.

You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside. After the wound has healed, frequent, gentle massaging of the area will help to loosen the scar. Sometimes the surgery involves small nerves and may take up to a year before feeling returns to normal. Only rarely will area remain numb permanently.

Your healed wound may be sensitive to temperature changes (such as cold air). This sensitivity improves with time; if you are experiencing a lot of discomfort, try to avoid temperature extremes.

Patients frequently experience itching after their wound appears to have healed. This is due to the healing that continues underneath the skin. Regular Vaseline sometimes helps to relieve this itching.

### **WOUND CARE INSTRUCTIONS FOR NATURALLY HEALING WOUNDS**

After 24 hours you should remove the bandage and begin daily cleaning and dressing changes as follows:

- 1) Remove dressing
- 2) Clean with mild soap and water
- 3) Blot dry
- 4) Apply Vaseline or Aquaphor
- 5) Cover with Band-Aid

REPEAT THESE INSTRUCTIONS 2 TO 3 TIMES A DAY UNTIL THE WOUND HAS COMPLETELY HEALED.

It is an old wives' tale that a wound heals better when exposed to air. The wound will actually heal faster and with a better cosmetic result if kept clean and covered with ointment and a fresh bandage.