

Ada West DERMATOLOGY

Diseases of the Skin, Hair, Nails, and Skin Cancer Treatment

Mohs Surgery
Phone: (208) 955-0962

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WOUND CARE INSTRUCTIONS FOR WOUNDS HEALING WITH COLLAGEN

GENERAL INSTRUCTIONS:

If you
bleed

- ◆ Do not be surprised if you see a small amount of blood-tinged drainage. If your dressing becomes saturated with bright, red blood, remove the dressing. Then use a clean gauze to apply gentle, but firm direct pressure to the wound for 10 minutes (no peeking). If the bleeding has not stopped apply pressure for another 10 minutes. **If the bleeding has not stopped after 20 minutes, call our office at (208) 955-0962 or the Emergency Contact Information below.** If the bleeding stops, then clean and redress the surgical site.
- ◆ After surgery, it is common to experience some mild swelling, redness, and itching around the wound. There should only be a small amount of bloody drainage and you may have a low fever (99° to 101° F.)
- ◆ If your surgical site is on the leg, elevate as much as possible.

Ice the
area

- ◆ For the first 48 hours you may apply an ice bag to the surgical site every few hours while you are awake. Apply the ice bag about 15 minutes at a time **over the top of your dressing**. A bag of frozen vegetables (peas or corn) works very well also. Wrap a clean washcloth around the bag and hit the bag on the counter so that the contents become “pebbly”. Do not apply ice directly to the skin.
- ◆ If prescribed an antibiotic please take as directed and complete the full course.
- ◆ Keeping your wound clean and moist will prevent a thick scab from forming. This is important because a thick scab will impair wound healing and may lead to a more noticeable scar.

Pain
Control

Pain Management Regimens

1. Acetaminophen 500mg; 1-2 tabs by mouth every 4-6 hours. Do NOT take more than 6 pills in a 24-hour period.
-Continue to take every 4-6 hours until you feel little to no pain at the end of a dosing interval.

2. Alternating regimen with Acetaminophen (500 mg) and Ibuprofen (600 mg)
Within 1 hour of surgery: Acetaminophen 500 mg
3-4 hours later: Ibuprofen 600 mg
3-4 hours later: Acetaminophen 500 mg
3-4 hours later: Ibuprofen 600 mg
-Continue to alternate until you feel little to no pain at the end of a dosing interval.

Only take these if you have been told that they are okay for you, as some patients may not take them due to preexisting medical conditions (eg. Patients on warfarin cannot take ibuprofen).

CLEANING AND PUTTING A NEW DRESSING ON YOUR WOUND

Collagen was applied as the first layer on your wound.

*This bandage can be left in place for 7 days and can then be changed weekly.

*It can be changed more often if necessary (if bandage falls off, gets wet, if the wound drains a large amount of fluid and the bandage becomes dirty, etc.)

- ◆ ALWAYS WASH YOUR HANDS PRIOR TO CHANGING YOUR DRESSING
- ◆ After 7 days you may get the dressing wet in the shower. Keep the dressing in place while bathing. Remove the dressing immediately after bathing and gently clean the wound as described below. Do not soak the wound in the tub.
- ◆ Carefully remove your dressing and begin weekly bandage changes with the collagen dressings.
- ◆ Use plain water and mild soap such as Dove® liquid, baby shampoo, or Cetaphil® cleanser to gently wash the area. You should use a cotton tip applicator (Q-tip®) or clean gauze to clean the wound. Dip the Q-tip® into the plain or slightly soapy water. Gently remove any dried blood or excess crust by rolling the cotton tip applicator or gauze over the wound. Do not place a used Q-tip® back into the water. **Do not use cotton balls. Do not use alcohol or peroxide unless otherwise instructed.**
- ◆ After cleaning, you will apply a new piece of collagen. Cut the collagen so that it is slightly larger than the size of the wound. Get the collagen damp with distilled water or saline. Apply the collagen to the wound.
- ◆ Apply a thin coat of Vaseline® to a non-stick pad and place the pad over the collagen. Then apply tape of a bandage to keep the wound in place.
- ◆ Change the dressing at least once a week. However if you get sweaty or the wound gets dirty or wet; then repeat the cleaning process and apply a new dressing.
- ◆ Once you run out of collagen you can do bandages with non-stick pad, Vaseline and tape or a pre-made bandaid (if you can find one that is the right size) and switch to DAILY dressing changes.
- ◆ Keep ointment and a dressing on the wound at all times until the wound heals (typically 3-6 weeks).
- ◆ If a scab forms allow it to fall off on its own. Keep dressing the wound and keep it moist with Vaseline® or Aquaphor®. Do NOT pick the scab off.

Clean and rebandage the wound

FOLLOW-UP CARE:

1. Return in _____ months for wound check/scar check/skin check; earlier if any concerns.
2. Return to your general dermatologist for all other skin problems, including a skin exam in 6 months and every 6 months after that, for the next 2 years.

CALL THE DOCTOR IF YOU NOTICE:

- ◆ Bright red bleeding from your wound that does not stop after applying gentle, direct pressure for 20 minutes.
- ◆ A large, swollen, tender, purple area around either surgery site (hematoma).
- ◆ Redness or swelling that lasts more than 4 days.
- ◆ Tenderness, warmth, or red streaks around the wound.
- ◆ Increased bloody drainage, green or yellow drainage, or a foul smelling drainage from your wound.
- ◆ A fever greater than 101 degrees F that continues after 3 days.

- ◆ **If you have any questions or concerns, please call us at (208) 955-0962.**
- ◆ For after-hours emergency, call Dr. Thorpe's cell phone (801)400-5691. If you are unable to reach Dr. Thorpe please go to your local hospital emergency department.

We recommend alternating between acetaminophen and ibuprofen every three to four hours, staggering them to avoid any breakthrough pain. Take 400 mg of ibuprofen followed later by 500 mg of acetaminophen unless other dosages are recommended by Dr. Thorpe or staff.

Only take these if you have been told that they are okay for you, as some patients may not take them due to preexisting medical conditions (eg. Patients on warfarin cannot take ibuprofen).