

Ada West DERMATOLOGY

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

WOUND CARE INSTRUCTIONS FOR DERMABRASION

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 clean gauze to apply gentle, but firm direct pressure to the wound for 20 minutes- no peeking! This can be repeated up to three times. **If the bleeding has not stopped after 20 minutes, call our office at (208) 884-3376 or the Emergency Contact Information below.** If the bleeding stops, then clean and redress the site.

Pain
Control

- ◆ Start with Acetaminophen 500mg (2 tablets okay for first dose)
3-4 hours later: Ibuprofen 600mg
3-4 hours later: Acetaminophen 500mg
3-4 hours later: Ibuprofen 600mg
-Continue to alternate until you feel little to no pain
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 (i.e. Patients on Warfarin cannot take ibuprofen.)

CLEANING AND PUTTING A NEW DRESSING ON YOUR WOUND (After 2 days):

Clean and
re-
bandage

- ◆ ALWAYS WASH YOUR HANDS PRIOR TO CHANGING YOUR DRESSING
- ◆ It is often helpful to get the pressure bandage wet when removing it.
- ◆ Use warm water and mild soap such as Cetaphil® or Cerave ® cleanser to gently wash the area.
- ◆ Gently remove any dried blood or excess crust by using cotton tip applicator or gauze over the wound and then rinsing. **Do not use cotton balls.**
- ◆ After cleaning, allow to air dry for 5-10 minutes then apply a thin coat of Vaseline®. The bandage only has to be large enough to cover the wound.
- ◆ Keeping your wound clean and moist will prevent a thick scab from forming. This will help to reduce a noticeable scar.
- ◆ If a scab forms allow it to fall off on its own. Keep dressing the wound and keep it moist with Vaseline®. Do NOT pick the scab off.
- ◆ Re dress the surgical wound for a minimum of 7 days. Continue daily applications of Vaseline until the wound stops forming a crust or scab.

For after-hours emergency, call Dr. Winchester's cell phone at (208) 991-3685.

- ◆ If you are unable to reach Dr. Winchester please go to your local hospital emergency department.