

NorthWest Diagnostic Clinic PA: Mohs & Dermatology Associates

Dermatology (Adult & Pediatric), Mohs & Dermatologic Surgery, Phlebology

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Wound care materials

- Hydrofera Blue
- 4 x 4 gauze, large pack
- Nonstick gauze (Telfa)
- Vaseline gauze (Xeroform)
- Aquaphor ointment or Vaseline petrolatum
- Surgilast tubular elastic bandage retainer (ask for size to fit like shorts)
- Hibiclens solution

Care instructions following your procedure around the perineum/perianal skin

1. do nothing for 48 hours, keep the area clean and dry with minimal friction or tension.
2. take over-the-counter stool softeners to avoid straining and potential bleeding in this area. Stay hydrated with water.
3. Take your pain medications every six hours for the first day, and as needed thereafter. Remember that surgical pain should decrease with each day. Any pain that suddenly increases is unusual and you should call us.
4. take your antibiotics. Call us for fevers (>101), chills, increasing redness or pus-like drainage from the wound.
5. wound care: Wash your hands & Wear clean gloves (non-powdered, non-latex) *every time*
6. AFTER 48 hours:
 - a. Partially fill a tub with warm water and Hibiclens solution (dilute in half). Sitting in a Sitz bath is OK if you cannot get in and out of a bath-tub easily.
 - b. Remove the outer tapes from the dressings to leave the bandages underneath over the wound. Soak in the Hibiclens diluted bathtub water until the dressings become soaked and are easily pulled off.
 - c. Once the dressings are off, gently bathe the wound but do not scrub or rub. Pat the area dry.
7. apply Aquaphor ointment or Vaseline petrolatum to the wound base and to a Xeroform gauze. Apply the Vaseline coated Xeroform gauze directly onto the wound. Make sure it covers the entire wound.
8. fluff several 4 x 4 gauze into a fluffy dressing and apply this over the Xeroform gauze.
9. Keep the dressings in place with the Surgilast Tubular elastic bandage.
10. Expect to see a clear yellowish to pinkish drainage from the graft and healing areas. This is normal.
11. Cleaning- if the gauze or pads over the HF Blue becomes soiled (urine or bowel movement)- remove the soiled gauze and wash with the diluted Hibiclens solution.
12. Repeat care until we see you back or until the wound is healed.

13. remember-the most important ingredients to this wound care are 1) keeping the wound clean and dry 2) keeping the wound moist with the bacitracin ointment and Xeroform gauze 3)keeping the wound protected and minimize any friction or stress to the wound.

Use common sense-if you stress the wound then it will stress you.

Appointments & Referrals: **281-943-6640**

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