

NorthWest Diagnostic Clinic PA: Mohs & Dermatology Associates

Dermatology (Adult & Pediatric), Mohs & Dermatologic Surgery, Phlebology
Tri H Nguyen MD (Nurse:281-465-1775 Cell: 832-643-8592), Neil Farnsworth MD (281-943-6636)

Wound care materials

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

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. **Hydrofera Blue (HF Blue):** (Wash your hands & wear clean gloves) take the dressing out of the package
 - a. **WET IT:** with Sterile Saline or Sterile Water
 - b. **SQUEEZE IT:** Leave some fluid in for drier wounds. Squeeze almost dry for heavily exudating wounds
 - c. **POSITION IT:** HF blue needs to Always be in contact with wound surface. Either place as packing, or cover wound by overlapping wound edges by > 1".
 - d. **COVER IT:**
 - i. First week-(heavier drainage) fluff several 4 x 4 gauze into a fluffy dressing and apply over HF Blue. Proceed to step 8
 - ii. After first week (moderate drainage) use Vaseline gauze (Xeroform) and apply over HF Blue. If only light drainage or for drier wounds, use non-stick gauze (Telfa) over HF blue. Make sure dressing does not dry out.
 - e. **LEAVE IT:** For 1 to 3 days. Change when area over wound is saturated. A clear yellow/pink drainage is normal.
 - f. **WATCH IT:** When white or lightened spots appear on dressing, change to continue bacterial control regardless of time.
8. Keep the dressings in place with the Surgilast Tubular elastic bandage.
9. 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. Repeat steps 7-9 until we see you back or until the wound is healed.

Appointments & Referrals: 281-943-6640

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