
**Mohs/Dermatologic Surgery Unit
Wound Care for Granulating Wounds**

Practice good hand hygiene - always wash your hands with antibacterial soap before changing the dressing or touching your wound to apply medication.

-You can expect some bruising and swelling. Applying ice packs for 10-20 minutes every hour **directly** over the bandage for the first three - 2 days while you're awake will reduce swelling and discomfort.

-Please keep the surgical site elevated as much as possible. Relaxing in a reclined or sleeping on a couple of extra pillows may be helpful. This will help to keep swelling down.

-You can expect some discomfort after the anesthesia wears off. Two extra strength Tylenol taken every 4 – 6 hours will reduce pain. **IF** Tylenol and ice do not reduce the pain to a tolerable level, take 500mg of Extra Strength Tylenol & 600mg Advil/Ibuprofen. If taking combination of Advil & Tylenol take every 6 hours. Be cautious as combination acts as a narcotic, no driving etc.. **Do not exceed 3,000mg of Tylenol in 24hrs.**

-If there is slight bleeding or oozing at the site, apply **constant, firm pressure for 20 minutes** (no peeking!). If oozing persists, repeat pressure. Continue the cycle until the bleeding is under control. Apply the extra gauze and tape to the current bandage and then contact us.

-Leave pressure dressing on for **2 – 3 days** after surgery. **Do not get bandage wet for 2 - 3 days.**

-After **2 - 3 days** you may remove the pressure dressing and get the surgery site wet. Gently clean the area with dial soap and water daily.

-After showering, pat the wound dry, apply a layer of **Aquaphor** and keep the wound covered with a bandage. **Avoid Neosporin as it frequently worsens redness and cause an allergic reaction. IT IS VERY IMPORTANT TO KEEP THE WOUND MOIST WITH OINTMENT ONCE A DAY until follow up!! Keep the wound covered at all times until you return to see us.**

-Avoid bending, stooping over, heavy lifting, and straining for 3 days after surgery.

-Avoid pools, hot tubs or ocean water until fully healed

-Avoid alcohol and smoking for several days after surgery. Alcohol is a blood thinner and could potentially cause bleeding. Smoking reduces blood flow to the healing wound.

- Please call our office at **253-851-7733** during business or after hours if the wound appears to be getting worse instead of better. Signs of infection are increasing tenderness, redness, and swelling; drainage or oozing that appears pus-like; site feeling warm to the touch.