

**James R. DeBloom, M.D.  
South Carolina Skin Cancer Center**

Bandage may be removed tomorrow at \_\_\_\_\_

Date: \_\_\_\_\_

**Open Wound Care**  
For \_\_\_\_\_

- No strenuous activity for **48 hours** – this includes no bending over or heavy lifting. You may resume normal activity after 48 hours.
- Swelling after surgery is quite common and usually nothing to worry about. However, it can be uncomfortable – to help reduce this discomfort it is important to elevate the surgical site as often as possible, especially in the first days following surgery.
- Take 2 tablets of Acetaminophen (**Extra Strength Tylenol 500mg**) every 4 hours as needed for pain. If pain does not improve after 2 hours, take 2 tablets of Ibuprofen (Advil 200mg) every 4 hours in addition to the Acetaminophen.
- Do not drink alcoholic beverages for 48 hours.
- Keep the pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
- Remove bandage in 24 hours and begin wound care as follows:
  - Clean area with your regular soap and tap water. (Shower/bathe as normal.)
  - Dry wound with Q-tip or gauze pad.
  - Apply Vaseline Ointment or Aquaphor Ointment to the open wound. Do **NOT** use Neosporin Ointment!
  - Cover the wound with a Band-Aid or nonstick gauze pad and paper tape.
  - **Repeat wound care daily until wound is completely healed.** This may take several weeks depending on the size of your wound.

2 x daily  
until healed\*

**\* Healed = Smooth, shiny, pink layer of skin**

**PLEASE NOTE:** People often think that a wound heals better when it is exposed to air and allowed to dry out. The wound will heal faster and with a better cosmetic result if it is kept moist with ointment and covered with a bandage. Do not let the wound dry out.

**SUPPLIES NEEDED:**

- Q-tip
- Vaseline Ointment or Aquaphor Ointment
- Band-aids, or Telfa (non-stick gauze pads) and micropore tape (paper tape)\*

**\*(To order 3M brown micropore paper tape – Call: 1-888-287-9797 and ask for Retail Sales)**

**James R. DeBloom, M.D.**  
**South Carolina Skin Cancer Center**



**BLEEDING:**

1. Elevate area above the level of your heart and apply direct pressure with tightly rolled up cloth (wash cloth, towel, shirt, etc.) over the bandage for **20-30 minutes**.
2. If bleeding continues, fill a Ziploc bag half full of ice. Put ice over the area and allow ice to fall away from the surgical bandage (so that the ice is in contact with the surrounding non-bandaged skin). Apply firm pressure with a tightly rolled cloth over the ice and on surgical bandage for another 20-30 minutes.
3. If bleeding continues after following steps 1 and 2, call our office.
4. If you are unable to reach the office or if you feel faint or have chest pain, go to the nearest emergency room.

**WOUND HEALING:**

- One week after surgery a pink/red halo will form around the outside of the wound. This is new skin.
- The center of the wound will appear yellowish-white and produce some drainage.
- The pink halo will slowly migrate in toward the center of the wound until wound is covered with new shiny pink skin.
- There will be no more drainage when the wound is completely healed.
- **It may take six months to one year for the redness to fade.**
- The scar may be itchy, tight and sensitive to extreme temperatures for up to a year after your surgery.
- Massaging the area several times a day for several minutes after the wound is completely healed will help the scar soften and normalize faster. Begin massage only after healing is complete.



**IN CASE OF EMERGENCY:**

**(864) 288-1154 – Office Phone**

**James R. DeBloom, M.D.**

**[info@thescscc.com](mailto:info@thescscc.com) – Office Email**

For more information about wound care, watch our video:  
“Wound Care Instructions for Open Wound”  
at [www.youtube.com/user/JamesDeBloomMD](http://www.youtube.com/user/JamesDeBloomMD)