

James R. DeBloom
South Carolina Skin Cancer Center

Stapled Wound Care
For _____

White bandage may be removed tomorrow at _____ Date: _____

- **No strenuous activity for 48 hours.** Resume moderate activity in 48 hours. No heavy exercise until your follow up in one week.
- Take 2 tablets of Acetaminophen (**Extra Strength Tylenol 500mg**) every 4 hours 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 white pressure dressing in place for 24 hours. If the dressing becomes blood tinged or loose, reinforce with gauze and tape.
- Remove bandage in 24 hours and begin wound care as follows:
 1. Rinse the stapled area with your normal soap and water. (Shower/bathe normally.)
 2. Dry wound with Q-tip or gauze pad.
 3. Apply Aquaphor/Vaseline Ointment to the staples.
 4. Do **NOT** use Neosporin Ointment!
 5. Cover the wound with a band-aid or nonstick gauze pad and paper tape.
 6. **Repeat wound care twice a day until staples are removed in 9-12 days.**

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.

PAIN:

- Post operative pain typically peaks 4 hours after you leave the office but should get better after this initial peak.
- A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.

IN CASE OF EMERGENCY:

(864) 288-1154 – SCSCC Office
Office Hours 8:00am- 4:00pm, Monday-Friday
info@thescsc.com - Office Email

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