

OPEN WOUND CARE INSTRUCTIONS

- Leave the bandage in place and dry for 24 hours.
- When removing the bandage after 24 hours, and it feels like the bandage is sticking to your wound, pour water onto the bandage to get it wet and gently and slowly remove the bandage. If you rip the bandage off while it is stuck it can start bleeding. Many patients will get in the shower and remove their bandage afterwards.
- Daily, clean your wound with half strength peroxide. You may do this using a Q-tip, cotton ball or gauze. Make the half strength hydrogen peroxide solution by mixing it with equal parts tap water.
- Apply antibiotic ointment or vaseline to the wound using a Q-tip. This is very important. If the wound gets dried out, a scab will form prolonging the healing.
- After the antibiotic ointment is applied, cover the wound with a Telfa pad (given to you by the nurse) cut to size just slightly larger than the wound and tape down so it is as air tight as possible. This is very important. If the wound gets dried out, a scab will form prolonging the healing.
- Continue these dressing changes daily until wound is completely healed. Depending on the wound this usually takes 4-6 weeks.
- It is normal for these wounds to be a little “soupy” prior to each dressing change.
- **BLEEDING: If you experience any bleeding hold firm pressure on the wound for 20 minutes with a washcloth or gauze. Do not lift the towel to peek at the wound during this time. If the bleeding does not stop OR if you are bleeding profusely CALL 911 or get taken to the nearest emergency room.**