



(386) 423-2218

Valerie G. Davis, M.D.

[www.davisderm.com](http://www.davisderm.com)

## DAILY WOUND CARE INSTRUCTIONS

Change the dressing once a day

Do **not** change the dressing in the bathroom because there are too many germs. Use another room, such as the kitchen.

1. Pour a small amount of peroxide into a small cup or bowl.
2. Dip a clean Q-tip into the peroxide. Gently wipe the area clean.
3. Pat the wound dry.
4. Apply a **VERY THIN** layer of Vaseline.
5. Apply a dressing. If the wound is not contacted by your clothing, then leave the wound uncovered when at home.
6. Always dress the wound before going to sleep.

### ABOUT HEALING

**Showering:** Keep the wound dry for 6 hours after treatment. Then you may shower. Keep the dressing on in the shower. After showering, follow above instructions to apply a clean dressing.

**If the wound bleeds:** Apply firm continuous pressure for 15 minutes. If the bleeding does not stop, call the doctor at 386-423-2218.

**Healing:** may take as long as 6 weeks.

NORMAL HEALING	INFECTED WOUND
SLIGHTLY PINK CENTER	VERY RED
WET YELLOW CENTER	THICK YELLOW DRAINAGE WITH FOUL ODOR
SLIGHTLY TENDER	PAINFUL

**Normal Healing** -->> Continue daily wound care until the wound is covered with new pink skin and is no longer yellow in the center.

**Infected Wound**-->> **CALL THE OFFICE (386-423-2218)**

Wound care minor-main.doc

## **ABOUT FREEZING (CRYOSURGERY)**

**If out in the sun**-->> cover with a bandage

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**If wound dries and crusts or is red and puffy**-->> no treatment is needed.

**If an open wound form**-->> follow daily wound care instructions on other side of this sheet.

**If a blister forms**-->>do not become alarmed if the blister contains blood or is purple. Try not to break the blister. If the blister is uncomfortable, it may be punctured with a sterile pin to release the fluid. Leave the top of the blister in place on the skin; it acts as a barrier.