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INSTRUCTIONS FOR WOUND CLEANING AFTER SURGERY WITH SUTURES (STITCHES)

MATERIALS NEEDED:

HYDROGEN PEROXIDE

Q-TIPS (available at drug store)

GAUZE PADS (available at drug store)

BAND AIDS or TELFA PADS and PAPER TAPE (available at your local drug store)

DAILY WOUND CARE INSTRUCTIONS:

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

Change the dressing once a day.

1. Pour a small amount of peroxide into a small cup or bowl.
2. Dip a clean Q-tip into the peroxide.
3. Rub the moistened Q-tip over the wound and wipe away any dried material.
4. Pat the wound dry with a gauze pad.
 - *If procedure was a biopsy, apply a small amount T-Relief ointment.
 - *If procedure was surgery, apply _____(prescription) then T-Relief ointment.
 - * DO NOT USE Neosporin, Bacitracin, or any other over-the-counter ointments.
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.

SHOWERING:

Keep wound dry for 24 hours after surgery. Then you may shower.

Keep the dressing on when bathing or showering.

After showering, follow "DAILY WOUND CARE INSTRUCTIONS" above.

SUTURE REMOVAL DATE:
