

Care for Stitches, Electrodesiccation & Curretage (ED&C) and Minor Wounds

Instructions:

Clean hands before and after touching the wound or changing bandages.

Everyday wash & rinse the site with warm, soapy water.

Apply petroleum jelly (also known as Vaseline) to the wound two times a day, or as needed to keep the site moist.

Wear bandages until skin is closed or healed over to protect wounds and to help keep the site clean and moist.

Stay away from baths, swimming pools and hot tubs until your wound is completely healed or your provider instructs you otherwise; showering is okay. Do not shave over the site.

To Stop Bleeding:

A little oozing is normal in the first 24 hours after surgery. If your wound bleeds, do not dab it, press gently but firmly.

Use a clean cloth, tissue, or piece of gauze to apply pressure directly to the wound for 15 minutes, without looking. After 15 minutes, gently lift off the cloth, tissue, or gauze. If the bleeding persists, apply again for 15 minutes. You may do this 3 times.

If blood soaks through the cloth, tissue, or gauze, do not remove it. Add an additional cloth, tissue, or gauze on top and continue to apply pressure.

If the wound is on the arm or leg, raise the arm or leg above your heart, if possible, to help slow down the bleeding.

Call our office at (269) 321-7546 for any of the following signs or symptoms of infection:

After holding pressure for 45 minutes and your wound is still bleeding.

A lot of redness or sensitivity at the site (some swelling, and tenderness is normal in the first few days, there will be a pink ring around the wound after an ED&C).

Yellow or green oozing from the site (some yellowish drainage is normal in the first few days).

You have a fever.

You have cold sweats or the chills.

Note: If you have an **emergency** after hours, call our office at 269-321-7546 and follow the instructions to reach the physician on call. This is for emergencies only.

Why you should keep your wound from scabbing.

Scabbing slows the natural process, drying out the skin and stopping the growth of new skin cells that are needed to close the wound site.

Scabbing causes scarring. Prevent scabbing by using petroleum jelly to help the wound stay moist and heal better.