

ED&C AFTER CARE

Items you will need:

- Plain healing ointment (Vaseline, Aquaphor, Vaniply, CeraVe Healing Ointment) or over-the-counter antibiotic ointment (bacitracin, Neosporin, triple antibiotic ointment, polysporin)
- Bandages or gauze/non-adherent pad with paper tape (more sensitive option)

Instructions:

1. Please keep the bandage we place clean, dry, and intact for at least 24 hours if not 48 hours.
 - ❖ Bleeding can occur a few hours after the local anesthesia wears off. Light bleeding on the bandage can be ignored. If the bandage becomes saturated with blood, however, remove the current bandage and hold firm pressure on the wound with a clean cloth or tissue for 10 – 20 minutes. If the bleeding does not stop after continuous pressure, please call the office.
2. Once you remove the bandage, you can gently wash with soap and water.
3. Apply ointment mentioned above and apply a fresh bandage.
 - ❖ Although it is preferred the area remains covered during the day, if the site is in an area that does not rub on clothing, it is not required. We still suggest it is constantly greasy with ointment and that it is bandaged at night to keep the area protected.
4. Repeat process of cleansing and applying fresh ointment/bandage 1-2 times daily until the wound is completely healed.

Normal Healing:

- Red ring around the immediate edge of the wound with a whitish-yellow granulation tissue in the center.
- Healing time can range from 2-6 weeks depending on size of lesion and location.
- *Please note, wounds on the arms and legs can take much longer to heal. Also, conditions such as poor circulation and diabetes can extend this length of time as well.

Abnormal Healing:

- Drainage of thick, white, pus
- Warm to touch
- Increased pain/tenderness
- Swelling
- Increased redness spreading out past wound edge.
- Blistering or rash around the area

Any questions or concerns, please call the office to speak with a nurse.
