



Granulating Wounds – Instructions for Wounds Healing Naturally

WHAT DO YOU DO FOR...

Wound Care:

- **Leave the pressure dressing on for 48 hours and keep it dry.**
 - Pressure dressings are intentionally tight to decrease bleeding, swelling, and pain.
- After 2 days, to remove the pressure dressing, it is often easiest to soak it in the shower/bath to loosen the adhesive. Once removed, gently clean the area with regular soap and water. You can use baby shampoo when washing your hair for wounds on the scalp.
- **DO NOT** scrub the area, and do not allow the shower pressure to hit the area directly.
- Gently wash the wound with soap and water and apply **only plain petrolatum or Aquaphor ointment** to the surgical site **at least once daily** to prevent scabbing until stitches are removed.
 - Keep the wound covered with a band-aid or you can use non-adhesive or non-stick gauze and secure it with paper tape. If on your legs, you can avoid using any tape or adhesive, and instead use a sock, stocking, or elastic wrap to keep the gauze in place.
 - Wounds that are kept moist heal faster and leave a better scar than wounds that scab over.
 - Do not use any antibacterial ointments because they can cause allergic reactions (unless instructed by your physician).
 - *For wounds beneath the knee*, soak the wound with 1 part white vinegar to 3 parts water for 5 minutes prior to ointment application.
- **Always practice good hand hygiene:** wash your hands thoroughly with soap and water before changing the dressing or touching your wound to apply plain petrolatum. You can also consider using disposable gloves or cotton swabs while performing wound care.

Pain Management:

- Apply **ice packs** for at least 5-10 minutes out of every waking hour for 1-2 days after surgery directly over the bandage to reduce swelling and pain. You do not need to apply ice packs while sleeping.
- **Elevate** the surgical site to minimize swelling.
 - If you had surgery on your head or neck, relaxing in a recliner or sleeping with extra pillows to prop you up may be helpful.
 - If you had surgery on an arm or hand, you can consider using a sling to help.
 - If you had surgery on a leg or foot, in addition to elevation, your doctor may recommend compression stockings when you are on your feet.
- **Medication:**
 - For pain/discomfort, we recommend acetaminophen or ibuprofen (unless your other medical providers have advised against taking either or both).
 - You may take up to 2 extra strength acetaminophen (1000 mg) and repeat every 8 hours. If you need pain relief in between, you can take 2 ibuprofen tablets (400 mg) and repeat every 6 hours.
 - If your doctor has given you a prescription pain medication, it may already contain acetaminophen and additional acetaminophen should not be taken.
 - **Do not exceed 3000mg of acetaminophen or 2400mg of ibuprofen in a 24-hour period!**
- For any non-resolving pain, contact your doctor.

Optimal Healing:

- **Activity:**
 - Avoid **ANY** strenuous activity (i.e., heavy lifting, bending over, or exercise) for at least 2 days to minimize bleeding risk and to minimize tension placed on your stitches.
 - Strenuous activity includes running, weightlifting, biking, yoga, elliptical, rowing, and stretching.
- **Alcohol and Smoking:**

- Avoid alcohol for 2 days as this can thin your blood and cause bleeding.
- Avoid smoking for at least 3 weeks as it leads to poor wound healing. It is best to stop smoking overall.

WHAT SHOULD YOU EXPECT...

INITIALLY:

- **Bruising, swelling, and some pain** are expected after surgery. These will typically resolve in 1-2 weeks. Wounds on the hands, legs, and feet may take even longer to improve.
- The more active you are, the more a healing area is likely to swell and potentially cause pain.
- Swelling and discomfort are especially common for healing wounds on the hands and legs as swelling tends to pool in these areas because of gravity.
- Your wound may feel **tight, itchy, or numb**, and should gradually improve over several months.
- You may notice small amounts of clear or golden-tinged drainage from the wound until the wound is fully healed. This drainage is normal from the healing tissue and from any residual swelling.
- Wounds healing naturally may take weeks to fully heal
 - Wounds on the scalp and hands may require care for 4-6 weeks or longer.
 - Wounds on the legs may require care for 8-12 weeks or longer.

LONG-TERM:

- In terms of your final scar, everyone is different and follows a different time course of wound healing. It may take up to **6-12 months to see what the final scar will look like**.
- If you have any questions/concerns, discuss them with your doctor. He/she may make some recommendations to help with the final scar appearance.

WHAT SHOULD YOU DO IF YOU EXPERIENCE...

BLEEDING:

- The pressure dressing over your wound helps to stop bleeding.
- Any bleeding that you notice can usually easily be stopped with direct firm pressure. **DO NOT** remove the dressing, elevate the site, and apply **constant pressure over the dressing for 30 minutes without checking**.
- If the pressure dressing becomes completely saturated with blood or if you experience active bleeding that does not resolve with 30 minutes of pressure, **call your doctor's office immediately**.

CONCERNS FOR INFECTION:

- Wounds that heal without stitches are actually less likely to become infected, as bacterial overgrowth is able to drain out of the wound and not build up.
- If you experience signs of infection such as fever, chills, sweating, increased redness, swelling, warmth, yellow drainage, or worsening pain to touch, call your doctor's office immediately.
 - Some redness immediately around the healing wound is normal and expected and should improve with time.

WHAT SHOULD YOU DO FOR LONG-TERM SKIN HEALTH...

- Wear sunscreen (broad spectrum for UVA & UVB coverage and SPF30), a wide-brimmed hat, and sun protective clothing to avoid future skin cancers. These also help the redness from the surgical scar fade faster.
- See your board-certified dermatologist regularly for a complete skin check. Regular skin checks are important for early detection and prevention of skin cancer.