

Dermatology Center of Steamboat Springs, PLLC

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WOUND CARE

If you have not yet received your biopsy results two weeks after your appointment please call our office (970)-871-4811 option 6 to speak with one of our nurses

Healing of a wound takes a few days to weeks to heal depending on the size and location of the area removed. To aid in healing and to minimize scar formation, follow these instructions:

1. Leave the bandage in place and keep the area dry for 24 hours (no showering for the first 24 hours). You may resume showering as normal after the first 24 hours, but do not take a bath.
2. Before all wound care, thoroughly cleanse hands with dial antibacterial soap. After 24 hours, remove the bandage and cleanse the area with a mild soap and water.
3. After each cleansing, pat the area dry, apply Aquaphor or Vaseline ointment, and bandage. We do not recommend Neosporin as it can cause a rash. **Repeat steps 2 & 3 twice a day.**
4. **Do not let a hard scab form.** Keep applying the Aquaphor or Vaseline until the wound is healed. If you have sutures, continue using the ointment until the sutures are removed.
5. A narrow rim of redness is normal at the edge of the wound. If you notice any increased redness, warmth, swelling or tenderness, please call the office. This may be a sign of an infection. *Please text Dr. Eivins after hours or on weekends if redness, pain, fever, or pus develops at your biopsy or surgical site (970)-846-4730.
6. If you have problems with adhesives, there is an alternate dressing. Tegaderm is a thin transparent dressing that is waterproof and can be left on the wound for 1-2 days without being changed. When changing this dressing, follow steps 2 and 3 above then apply a clean Tegaderm. This dressing is available at City Market or Lyons Drugstore.
7. Your sutures should be removed in _____ days. Please note: if you have not scheduled an appointment for suture removal, please contact our office. There is **NO** charge for this.
8. No swimming or soaking in standing water including hot tubs, swimming pools, lakes, bath tubs, or in rivers until sutures are removed.
9. No exercise or lifting objects greater than 10 lbs for one week following excisions with suturing.

10. If your wound is located on an extremity, wrapping the affected area with coban will increase blood flow, may decrease healing time, and may decrease pain. Coban can be found in the wound care section at most drug stores.