

WOUND CARE

HEALING BY SECONDARY INTENT

Pariser Dermatology aims to quickly, safely, and thoroughly diagnose and treat patients with disorders of the skin, scalp, hair, and nails.

After your Mohs surgery, it is very important to take good care of your wound. Your surgeon has decided that all or part of your wound will heal best by letting it heal from the outside-in (“secondary intention”). Please follow the instructions below:

INITIAL WOUND CARE

- The initial dressing, which is big and bulky, stays on for 24 - 48 hours
- After you remove the initial dressing, you may shower. Do not submerge the wound.

DRESSING CHANGES

- Wash hands before dressing changes.
- Change bandage once daily as follows:
 - Remove the bandage. You will have an open wound, do not be alarmed.
 - Gentle cleanse the wound with running tap water and gentle soap.
 - Try to gently clean off crust, dried blood, or debris with a Q-tip®.
 - Apply a thick layer of ointment (Vaseline®/Mupirocin®/ Other: _____).
 - Cover the wound with a non-stick dressing (Telfa® or Band-Aid®) and tape.
 - Make sure wound stays covered at all times until the sutures are removed.
- For leg wounds below the knee:
 - Wash wound after showering and then perform dressing change.
 - Try to keep leg elevated.
 - If walking around, you should wear either compression hose or an Ace® wrap for compression.

WHAT TO EXPECT

- After a few days of healing, your wound may develop a white-yellow material that sits on the wound base and sticks to the bandage. This is normal, and you can try to gently clean it with diluted hydrogen peroxide in water.
- After 2-3 weeks, you should start to notice the wound shrinking in size.
- You may develop a little redness around the wound or under the adhesive tape, which is normal as long as there is no drainage, pus, fever, or throbbing pain.
- Itching around the wound is normal, but do not scratch it!

AVOID THE FOLLOWING:

- Bending, stooping, heavy lifting over 15 lbs, or other vigorous activity for at least 48 hrs.
- Alcohol for 3 days.
- Smoking for at least one week.

