



Dr. McGoey's Wound Care Handout

1. Wash your hands with soap and water.
2. Cleanse the surgery or biopsy site with gentle soap and water.
3. Thoroughly dry the area and apply a small amount of ointment such as Vaseline or white petrolatum. Antibiotic ointments such as polysporin, bacitracin, and triple antibiotic ointment are not necessary and should be avoided.
4. Keep wound covered with a small dressing or band-aid until the wound has healed. Studies have shown that wounds heal better when covered with ointment and a dressing than when they are left open to air and form a scab or crust. Ideally, a crust should not form. However if a crust has formed, you can soak it off with a wet warm cloth. Scabs should not be forcefully removed.
5. Change the dressing daily as needed until healed.
6. If your surgery site is in an area that you shave, please take care to avoid letting the razor come near the stitches or healing wound.

*It is normal to have mild bleeding from surgery sites after the procedure, especially if you are on any blood thinners such as aspirin, plavix, coumadin, vitamin E, or fish oil. If you notice significant bleeding from any surgery site, apply clean gauze to the area and hold firm pressure for 15 minutes without removing pressure. You may also apply a cold compress on top of the gauze, but maintain pressure on the wound. If the site continues to ooze, again hold firm pressure to the area for 15 minutes. At this point, if there is significant bleeding that soaks clean gauze pads, and the bleeding has not resolved with consistent firm pressure, you should call our office at 920-457-9634 to be seen. If we are not in the office, you may need to be evaluated by urgent care.