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## PATIENT INFORMATION FOR NATURALLY HEALING WOUNDS

During the healing process you will notice a number of changes. During the first week or ten days there will be no apparent progress. All wounds develop a small surrounding halo of redness, which means that healing is occurring. Extensive itching and severe redness usually indicate a reaction to the bondage tape or perhaps sensitivity to the ointment used to dress the wound. You should call our office if this develops. Swelling and/or discoloration around the surgical site are not uncommon, particularly when performed around the face.

All wounds normally drain (the larger the wound the more drainage) which is why daily dressing changes are so important. This drainage becomes less apparent after the first week. A white material can be visible on the wound. After 1 - 2 weeks the healing will become more rapid, and you will notice the wound beginning to shrink and new skin beginning to grow. A healed wound has a healthy, shiny look to the surface and is red to dark pink in color. Small wounds may heal in 2 - 3 weeks. Larger wounds may take 4-5 weeks total. After the wound is healed, you can stop daily dressing changes. The wound will still remain quite red and will slowly fade over the next few weeks or months. Sometimes it can take 6 months to a year for the redness to fade completely. Using lasers may improve the result faster.

You may experience a sensation of tightness as your wound heals. This is normal and will gradually subside. After the wound has healed, frequent gentle massaging of the area will help to loosen the scar. Sometimes the surgery involves small nerves and may take up to a year before feeling returns to normal. Only rarely will the area remain numb permanently.

Patients frequently experience itching and an increased sensitivity to the surgery site after their wound appeared to have healed. This is due to the healing that continues underneath the skin. **Regular Vaseline or Aquaphor** sometimes helps to relieve this itching and wound sensitivity will improve with time. If you are not happy with the final cosmetic result please feel free to discuss with Dr. Nahm the possibility of a scar revision and/or laser surgery.

## WOUND CARE INSTRUCTIONS FOR NATURALLY HEALING WOUNDS

**Leave the dressing dry and intact for 24 hours, after this time you should remove the bandage and begin daily cleansing and dressing changes as follows:**

1. Remove the dressing.
2. Clean with soapy tap water using a Q-tip or gauze pad. Soak the wound for approximately 5 minutes. Be gentle, allowing the soapy water to clean the wound until any dry crusts are removed. Or, you may also clean the wound in the shower by letting the tap water run over the wound for a few minutes making sure that you rinse off any soap or shampoo.
3. Dry the wound with a Q-tip or gauze pad.
4. **Apply Polysporin, Bacitracin, Aquaphor, or Vaseline** (all of which can be purchased over the counter) sparingly over the entire wound. Do not use Neosporin.
5. Cover the wound with a Band-Aid or telfa pad and micropore tape.

Repeat these instructions only once a day until the wound has completely healed.

Supplies needed:

Cotton tip applicators  
**Polysporin, Bacitracin, Aquaphor, or Vaseline** (not Neosporin)  
Band-Aids or non-stick gauze pads  
Micropore tape, paper tape, or silk tape

### IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)  
After hours and on weekends, please call the doctor  
or his physician assistant at (619) 318-0952.