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Post-Surgical Wound Care

Begin wound care 24 hrs after the procedure.

1. Remove bandage.
2. Wash wound gently with soap and water. If your surgical site is on the lower leg or genital area, please give an extra rinse.
3. Pat dry or air dry.
4. Apply a thick layer of **Aquaphor, Vaseline** or **Mupirocin ointment** (prescription)
5. Cover with a bandage. **Do not use Telfa or Band-Aids with Non-Stick covering.** Wounds heal best with a gauze bandage.
6. **Repeat the above steps one time per day until wound is healed or sutures removed.**

Frequently asked questions:

1. **Will my surgical site be painful after the numbing wears off?**
Typically, there is no pain after the procedure. If possible, you may keep the area elevated and or use ice. Tylenol may be taken as needed. Please avoid Advil, Aspirin, Motrin and Aleve for 48 hours after the procedure. Icing over the bandage for 10-15 minutes will minimize swelling and bruising. Icing is optional.
2. **Should I allow my wound to “Breathe?”**
Studies have shown that wounds that are kept covered with a layer of ointment 24/7 heal faster. This also allows sutures to be removed more easily. If your sutures remain in for 2 weeks or more, you may leave the area uncovered in the evening after one week.
3. **When can I exercise?**
No strenuous activity is recommended for the first 48 hours after your procedure. For high tension areas, such as your _____, please plan to minimize or refrain from strenuous activity for the next _____ as directed.
4. **Can I go in the pool or the ocean?**
After the first 48 hrs. you may immerse the wound in water. You may cover with a waterproof bandage. Please avoid lakes and ponds.



5. How will I know if my wound becomes infected and what should I do?

If you experience worsening pain, redness, drainage or fevers, call our office immediately so that we may arrange a wound check. There is 24/7 on-call coverage.

6. What if the wound begins to bleed?

Apply 20 minutes of firm pressure and ice. If the wound continues to bleed heavily and saturates the bandage, please contact the office.

*** If you receive a bill from Mass General (MGH), it is for the reading of your biopsy/specimen. Please call 855-644-3376. Revised 04/11/2023