

## SECOND INTENTION HEALING

1. Keep the wound and dressing dry for 48 hours.
2. After 48 hours, gently remove the dressing and clean the wound area **DAILY** with soap and water. Gently pat the wound dry with a clean towel. Spread a thin layer of Vaseline/Aquaphor (or topical antibiotic, if prescribed) onto the wound and re-cover with a BandAid or simple dressing.
3. Whenever the bandage gets wet, it should be changed.
4. Keep the wound moist with ointment so as not to allow a scab or crust to form on the wound.
5. Expect some swelling (usually peaks at 48 to 72 hrs), redness, yellowish discharge and some discomfort in and around the wound. This should gradually decrease and disappear in a couple of weeks. You may take Tylenol every 4 to 6 hours as needed for any discomfort. If your surgery was on the scalp or face, it is normal to develop swelling and bruising around the eyes. Sleeping with an extra pillow and placing an ice pack around the eyes for 15 minutes every hour while awake may be helpful.
6. Avoid heavy exercise, all sporting or strenuous activities including golfing and travel for 1 week following surgery. Avoid movement or irritation of surgical site until sutures are removed. The first 2 days after surgery, you need to rest as much as possible.
7. If bleeding should occur, apply firm, uninterrupted pressure with clean gauze to the wound for 20 minutes. If bleeding has not stopped, apply pressure for 30 more minutes. In the rare event that bleeding still continues, call our office or go to the nearest emergency room for assistance.
8. If there is any increase in swelling, redness and/or tenderness of the surgical site after a couple of days, contact our office, as this may represent a wound infection.
9. If your doctor has prescribed an antibiotic for you, take it until it is gone. If you have any side effects (rash, diarrhea, nausea or vomiting), please call our office
10. It is important that you return to our office for follow-up evaluation to ensure that healing is progressing satisfactorily.

If you have any questions or concerns, please contact our office.

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