



RALPH A. MASSEY, M.D., F.A.A.D.
DERMATOLOGIC, MOHS MICROGRAPHIC & COSMETIC SURGERY



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WOUND CARE INSTRUCTIONS

Discomfort after your surgery is usually minimal. If you do have some discomfort extra strength Tylenol / Acetaminophen, two (2) tablets every six (6) hours should help relieve any pain that you may have.

To lessen the discomfort, relieve swelling, and minimize bruising, an ice pack, or a bag of frozen peas, wrapped in a clean towel may be applied over the dressing for 10-15 minutes every hour. Elevation of the wound area is also helpful.

Please avoid smoking throughout the healing process.

Please avoid alcohol for two (2) days after your surgery.

Please try to refrain from exercise or any heavy chores, for one (1) week after your surgery.

A pressure dressing has been applied to your wound to prevent bleeding and minimize swelling. You may notice some blood on the edges of the dressing, this is normal. However, if active bleeding persists and soaks through the dressing, apply firm and constant pressure over the dressing with gauze for 15 minutes. If the bleeding still persists, remove the dressing and repeat the pressure with clean gauze for an additional 15 minutes. In rare instances when bleeding does not stop, call our office.

The area may remain numb and be mildly itchy. You may also experience periodic discomfort around the wound as part of the healing process.

The edges of the wound will be pink fading after several days. If the wound becomes red, tender, and swollen or begins to drain pus, call our office.

The first dressing change should begin the day after your surgery.

The day after your surgery, upon removing the initial dressing, you may shower and allow the wound to get wet. However, do not allow the forceful stream of water to hit the wound directly.

After you shower, apply a new dressing to your wound as described below.



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WOUND CARE INSTRUCTIONS AFTER A CARTILAGE GRAFT

A cartilage graft has been used to repair your wound. This has resulted in two (2) separate areas that need wound care. The area the graft was taken from, called the “donor” site, and the area where the graft itself was sewn into place, called the “graft” site.

For the **graft site** on your nose is going to take some time to heal. During that healing process it is important to keep the wound clean and covered with a clean ointment.

The donor site on your ear will heal more quickly and only requires dressing changes for the first week. It is this donor site on the ear that is typically the more painful, but that pain is usually well controlled with Tylenol and an ice pack.

For both areas the following wound care instructions can be used.

SUPPLIES

- Plain white table vinegar
- Bottled or boiled water
- Q-tips
- Gauze pads
- None-stick / none adherent dressing (such as "Telfa")
- Paper or plastic tape
- A new, unused tube of a bland, over the counter ointment (such as Vaseline, Aquaphour or equivalent).

VINEGAR SOAKS AND DRESSING

1. A tablespoon of plain white vinegar to a cup of bottled or boiled water.
2. Soak clean gauze with the vinegar solution then squeeze out the excess fluid so the gauze is wet but not dripping.
3. Apply the soaked gauze **directly** on the wound for 5-10 minutes then pat the area dry.
4. Apply an over the counter topical ointment such as Vaseline or Aquaphor to wound with a clean Q-tip and spreading it around the wound to make a complete covering.
5. Apply a non-stick / non-adherent dressing (such as “Telfa”) to wound and tape it in place.
6. Follow this procedure **twice** each day.

REMEMBER: Do not let the wound dry out. Keep it covered with antibiotic ointment.