

## DRESSING CHANGE INSTRUCTIONS

The following wound care and bandaging procedure will be shown to you. Starting tomorrow morning, please carry out the same at home. Call if you have any questions.

### MATERIALS NEEDED

1. Telfa pads or bandaids for small wounds
2. Paper tape
3. One bottle Hydrogen Peroxide
4. Clean cotton tipped applicators, or newly purchased, unopened Q-tips.
5. 1 tube of plain Vaseline **Not Neosporin, Not Polysporin**
6. Cuticle or bandage scissors - boil in water 15 minutes before using first time

### PROCEDURE

1. Before changing bandages, you may take a full shower, wash hair, shave, etc.
2. Gently remove old dressing. If the dressing remains stuck to the wound after showering, loosen the dressing by soaking it with Hydrogen Peroxide for 5-10 minutes.
3. Dip Q-tip in peroxide and clean the center part of the wound.
4. Always use a clean Q-tip each time you dip into the peroxide. Never place a used applicator back into the Hydrogen peroxide.
5. Using another new Q-tip, clean edges of the wound.
6. Try to remove as much crust as possible with the Q-tips. This will improve healing.
7. Dry the wound with clean, dry Q-tips by rolling them over the wound.
8. Apply a thin layer of Vaseline over the wound (about 1/16 inch thick) using clean Q-tips.
9. Cut a piece of Telfa pad to fit the size of the wound and place directly onto the wound.
10. Tape the dressing securely.
12. Change the dressing two times a day until a crust no longer forms. At this point, the dressing needs changing once a day till completely healed.

**AVOIDANCE OF SUNLIGHT AND WIND:** Redness, sunburn, and irregular brown pigmentation will occur at the surgery site if sunlight and wind are not avoided. Even indirect or reflected sunlight will contribute to this occurrence. A broad brimmed hat and a sunscreen which will block ultraviolet light must be worn when you are out doors during the daylight hours. This must be strictly followed for at least three months. Wear a broad spectrum brand rated SPF 25 or greater. Sunscreen should be applied at least twice daily, every day beginning when the dressing is no longer needed. This may be worn under makeup. Exposure to sunlight without sunscreens for even a short period will cause skin color changes. Remember, although sunscreens are effective, they do not screen out all the burning and tanning rays. Golfing, tennis, fishing and similar outdoor activities during daylight hours must be avoided until all the pink color has faded.

**Follow up:** Now that your surgery is completed, it is of the utmost importance that you keep your appointments for follow up evaluation of the wound site to assure proper healing. If this is not convenient for you, please discuss this with the doctor. Remember, we both want you to have the best result possible. Please do your best and let us know of any problems.

1. If your wound is on the trunk, face or head, wearing button-down shirts will make wound care easier.
2. If the telfa pad sticks to the wound when you remove it, use more ointment to prevent future sticking.
3. You may bathe and/or wet the dressing. Change the dressing after getting wet.
4. Avoid aspirin or alcohol containing products for ten days prior to and five days after surgery if at all possible.
5. If your wound is left open, you may see bits of suture material appear like knots. This is where blood vessels have been tied. Do not pick at these. These usually dissolve in time. Dr. Marley will remove them if they do not dissolve.
6. Make-up may be applied once a crust no longer forms on the wound.

Expect after surgery:

1. Some swelling and redness around the wound. This will disappear in a few days.
2. A low-grade fever (99 to 101) for which Tylenol may be used.
3. Some drainage is normal, especially if the wound is large or not completely closed with stitches. The drainage is yellow-green, sometimes blood tinged, and has a foul odor if held close to the nose. It may last three to seven days.

Management of bleeding from the wound: lie down

1. Mild oozing of blood. No need to remove the dressing. Direct digital pressure with the aid of clean gauze for 15 minutes will stop it.
2. Moderate bleeding: Remove the dressing. Apply digital pressure with clean gauze for 15 minutes. Apply a new dressing when the bleeding stops.
3. Severe bleeding: Remove the dressing. Apply direct digital pressure with clean gauze until you reach the office or the nearest emergency room if you cannot reach Dr.

Marley. If you experience any difficulties or have any questions, please call Dr. Marley at the office (215)-639-7546 or at home if after hours. If there is no answer, call the answering service at (215)-750-4795 and they will page him. Evening & weekend emergencies are handled at the Newtown office 509 E. Washington Ave, Newtown, 18940

Directions to Newtown Office from Bensalem

Take I 95 North. Take exit 49. Bear left at end of exit, and make a left turn onto PA 332 / Newtown (Newtown Bypass). At 4th traffic light, turn right onto Newtown -Yardley Rd. This becomes Washington Ave. 509 is on the right hand side across from Lin's Auto Service  
A white sign with 509 is by the driveway.

Directions to Newtown Office from Southampton

Take Bustleton Pike Continue straight onto 2nd Street Pike / PA 332 Turn right at Newtown-Richboro Rd. / PA 332 / Richboro- Newtown Rd. Turn left at Newtown Bypass / Newtown Yardley Pike / PA 332 / PA 413. Slight right at Swamp Rd. - turns into Washington Avenue Continue on W. Washington Ave to center of town by Buck Hotel. After 2nd light 509 E. Washington Ave is on the left. A white sign with 509 is by the driveway.

Directions to Newtown Office from Warwick

Almshouse Rd (PA 332) south. Continue on 332 when it turns into Richboro Rd. into the center of Newtown. Make a left onto State Street (by Starbucks). Go 1 block. Make right onto Washington Ave. 509 is on the left across from Lin's Auto Service. A white sign of 509 is by the driveway.

Directions to Newtown from Doylestown

Go south on Durham Rd. / PA 413. Turn left at traffic light in front of the Acme Shopping Plaza in Newtown onto Durham Rd. Go two lights and turn right onto PA 532 (Sycamore Str.). Go two lights and turn left onto Washington Avenue. 509 is on the left side across from Lin's Auto Service. A white sign of 509 is by the driveway.

Directions to Newtown from Ewing, NJ

Take I 95 South. Get off at exit 49 / Newtown. Bear right at the end of exit, turn right onto PA 332 / Newtown. At the third light, turn right onto Newtown - Yardley Rd. This becomes Washington Ave. 509 is on the right hand side across from Lin's Auto Service. A white sign of 509 is by the driveway.