



4566 Hwy. 20 East
Suite 101
Niceville, Florida 32578

Wound Care Instructions

1. *You may leave the dressing that was applied today on the wound overnight and remove it the next day. Then, clean the wound once or twice with mild soap and water or dilute hydrogen peroxide (one part hydrogen peroxide to two parts water).*
2. *You may shower and wet the wound with clean tap water at any time after the first day.*
3. *Keep the wound covered with **Vaseline** or prescribed **Bactroban Ointment** at **All Times**; never allow a scab to form (a moist wound heals much quicker than a dry wound). Continue until you return to have the stitches removed. Try to avoid Neosporin as this product frequently causes an allergic reaction.*
4. *A bandage or dressing after the first day is optional.*
5. *Refrain from strenuous activities that would put pressure or tension on the wound site. Avoid sun exposure. No swimming or whirl pools until after suture removal.*
6. *Please use **Tylenol** for any discomfort (aspirin and Motrin-like medicines can cause bleeding).*
7. *Mild bleeding may be controlled with 5 minutes of direct pressure. If the bleeding does not stop or if it appears that blood is accumulating beneath a sutured wound please notify us.*
8. *Please notify us if any signs of infection occur such as fever, increased redness, pus in the wound, streaking, swelling or increased pain.*
9. *Suture removal, if applicable, will be scheduled in _____ days.*
10. *Please feel free to call if you have any questions concerning the care of your wound:*

897-7546 M-F 8 am – 4 pm
AFTER HOURS PLEASE PAGE AT (850) 302-0770