

INSTRUCTIONS FOR WOUND CARE  
WATERPROOF BANDAGE

A waterproof bandage has been applied.

Do not remove waterproof bandage unless there is excessive bleeding or the bandage has fallen off. It should remain in place for at least 7 days or possibly longer.

You may shower or bathe after 24 hours without removing the bandage.

Scissor clip the edges of the bandage if they begin to lift off.

<p><b>NOTE: AVOID STRENUOUS ACTIVITY FOR AT LEAST TWO WEEKS FOLLOWING SURGERY.</b></p>
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Once the waterproof bandage has fallen off or been removed, a daily dressing change must be done.

INSTRUCTIONS:

1. Wash hands with soap and water or waterless hand sanitizer.
2. Gently clean around the wound with a mild soap or soapless cleanser and water solution.
3. Dry the area with a clean Q-Tip or pat it dry.
4. Apply a thin layer of Vaseline Petroleum Jelly to the wound with a clean Q-Tip.
5. Apply a small non-adhesive pad or bandage to wound, secure with paper tape.
6. Change the bandage daily **until the wound is healed**. You may change it more often if necessary but once daily should be sufficient.

WHAT TO EXPECT FOLLOWING SURGERY:

Slight swelling is common. This should decrease with time. Bleeding is rare, but if it should occur lie down and **apply firm, constant pressure to the area for 20 minutes**. If bleeding continues, repeat for an additional 20 minutes. A clean washcloth or gauze pad can be used over the wound. If you cannot stop the bleeding, call our office, your family doctor, or go the nearest Emergency Room.

You may experience some discomfort following surgery. Any NON-ASPIRIN product can be used as directed. Avoid alcohol and any products that contain aspirin as they thin the blood and may cause bleeding.

Please contact this office or your family doctor if you have excessive pain, bleeding, redness, swelling or fever. Any or all could indicate an infection.

Dermatology Ottawa Research Centre  
613-224-6339