

GENERAL WOUND CARE INSTRUCTIONS

for ABCESS or OPEN WOUND

1. Remove dressing and remove packing the day after your office visit (*or as instructed*). You will find it easier to remove the packing in the shower (*see below*).
2. If possible, soak affected area in a tub for no more than 10-15 minutes, then get in the **shower and let warm water run on the wound** (*remove dressing and packing if you have not already done so*). Shower as you normally would. Right before getting out of the shower, rinse out the wound in the running water as best you can.
3. After the shower, clean the wound with hydrogen peroxide and a q-tip, and repack the wound with Iodoform gauze or plain gauze, whichever is given to you.
 - **Be sure to clean INSIDE the wound cavity, and not just the skin's surface.**
 - Do NOT pour hydrogen peroxide into the wound or cavity, *unless instructed to do so*.
 - Do NOT apply any ointment or cream to your incision site, *unless specifically told to do so*.
 - LIGHTLY pack the wound – you want to be sure that the packing completely fills the space all the way to the bottom (*imagine a gift bag with tissue paper*). **Do NOT over stuff!**
 - If NOT instructed to pack wound, continue to clean the wound twice daily with hydrogen peroxide.
- This needs to be **repeated once to twice a day** until the wound is completely healed and you are no longer able to pack the wound.
- **Additional supplies** can be purchased at any pharmacy or first-aid section.
- **Antibiotics** may or may not be prescribed, depending on the situation. Be sure to take all of them, if prescribed.
 - If a **culture** was taken at the time of the procedure, please call the office in 3 days to check the sensitivity, in order to make sure you are on the correct antibiotic.
 - It may be helpful to take a **Probiotic or eat yogurt** (*such as Activia*) daily, while on antibiotics to help prevent GI upset.
- **Follow up** in the office with the doctor or nurse practitioner as instructed.

To Prevent Spreading Infection to Others:

- Keep draining wounds covered with clean, dry bandages. Change your dressing when it feels wet.
- Maintain good personal hygiene with regular bathing and cleaning of hands with soap and water or an alcohol-based hand gel, especially after touching infected skin or an item that has directly contacted a draining wound.
- Avoid reusing or sharing personal items (*disposable razors, linens, towels*) that have contacted infected skin.
 - Wash clothing that has come into contact with wound or drainage in hot water, separate from others.
 - Clean bathtubs with a bleach cleaner, if used to soak the area.

If you have increasing redness around incision sites, thick/foul smelling drainage, or fever above 101°F call the office as soon as possible (314-434-1211) to speak with our clinical staff.