

**Virginia Surgical Arts**  
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**Skin Wound Care Instructions**

1. Do not get present wound dressing wet for approximately 24 hours.
2. After removing dressing, wash gently with 3% hydrogen peroxide (you may use clean gauze pad or Q-tip).
3. Apply antibiotic ointment, such Bacitracin or Polysporin, to thinly cover the entire wound area. (Daily application of an antibiotic ointment will minimize risk of infection and help wound heal more evenly with the surrounding skin).
4. For facial wounds without stitches: clean twice daily with peroxide and then apply Bacitracin and fresh band-aid for 5-7 days. Do not allow thick scab to form-this will increase scarring.
5. Other locations: apply Bacitracin and leave open to air unless the area will be irritated by clothing; in which case apply a band-aid or Telfa dressing. Be sure to remove the dressings before bathing or if it accidentally gets wet.
6. Repeat application of 3% hydrogen peroxide and antibiotic ointment twice a day for a total of 5 to 7 days or longer if wound has not sufficiently healed in this time.
7. If non-dissolvable stitches were placed, they should be removed in:  
  
     5 days     7 days     10 days     14 days
8. After several days, if you notice an increase in tenderness, swelling, redness or pus formation, or any unusual odor, please call our office immediately.

If the wound does not heal to your satisfaction, please call the office and schedule an appointment at (757) 430-7690.

(NOTE: Hydrogen peroxide and Bactracin ointment are available in the pharmacy without a prescription)