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~ Mohs Micrographic Surgeon

## **WOUND CARE INSTRUCTIONS FOR GLUED WOUNDS**

### **Supplies to purchase:**

- Non-adherent dressing (e.g. Telfa)
- Paper tape (e.g. 3M micropore brown paper tape)
- Cotton-tip applicators (e.g. Q-tips)
- Petrolatum ointment (e.g. Vaseline)
- Gentle soap (e.g. Dove)

### **Bandaging:**

- Leave the original bandage on for 48 hours. It must be kept dry during this time.
- Wash your hands before removing the bandage or touching the wound.
- After 48 hours, remove the bandage and gently clean the wound with soap and water. Do not scrub the glue, just let soapy water run over the wound. Rinse with water and gently pat dry with gauze or a clean, dry cloth. Clean the wound daily.
- The glue acts as a protective barrier for the wound, however, if you prefer to place a bandage on top of it you may cut the non-adherent dressing with a clean pair of scissors to fit over the wound and secure it in place with paper tape. Change any bandages daily.
- The glue will start to break down and come off on its own in approximately 7 days. Do not pick at the glue or try to remove it before then. Do not apply petrolatum ointment over the glue as it will cause it to break down too quickly.
- Once the glue has come off completely, begin applying petrolatum ointment to the wound. Apply a thin layer of petrolatum ointment over the wound with a cotton-tip applicator 1-2 times per day for 7 days. You may wish to cover the ointment with a bandage so it does not rub off on clothing or sheets.

### **Restrictions:**

- Avoid lifting anything heavier than 10 pounds for 10 days after surgery. Heavy lifting may cause the wound to pop open.
- Avoid vigorous activity and exercise for 1 week after surgery (walking is okay). Increases in heart rate and blood pressure may cause increased bleeding. After 1 week, you may gradually resume your normal activities.
- Avoid swimming for 7 days or until the glue has come off on its own.

### **Optional:**

- After 1 month, you may start to massage the scar. Place petrolatum ointment over the area and firmly massage along the length of the scar for 5 minutes up to 3 times per day. Scar massage helps the "lumpiness" smooth out and the redness fade more quickly. (Lumps underneath the scar are normal. These are usually due to the deep stitches placed underneath the skin which take 3-4 months to fully dissolve.)
- Silicone scar sheets or gel (e.g. Scar Away, Silagen) have been shown to help improve the appearance of scars. You may start to use these 1 month after surgery if desired.