



Dr. Scott Beals

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 with mild soap and water with fingers only.
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 (mupirocin 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. Avoid Neosporin as this product frequently causes an allergic reaction.
4. A light bandage or dressing after the first day is preferred.
5. Refrain from strenuous activities that would put pressure or tension on the wound site for 14 days. 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 -10 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 immediately 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 10-14 days.
10. Please feel free to call if you have any questions concerning the care of your wound.
11. **Please call in 10 days to receive your biopsy results. Do not call prior to 10 days.**
12. If you have an appointment for suture removal your results will be given at that time.

4566 Hwy 20E, Ste101
Niceville, FL 32578

184 E Redstone Ave
Crestview, FL 32539

301B Medical Dr.
Andalusia, AL 36420

M-F 8am to 5pm 850-897-7546

AFTER HOURS PLEASE CALL (850) 428-3564