

## **WOUNDS WITHOUT SUTURES/HEALING BY SECOND INTENTION**

**After 48 hours**, you may gently remove your bandage and get the area wet at this time.

### **REMEMBER TO WASH YOUR HANDS BEFORE CLEANSING YOUR WOUND**

- **Before you begin**, thoroughly wash hands with soap and water for at least 30 seconds.
- Then, wash the wound with antibacterial soap and water. Pat the area dry with a clean towel.
- Clean the open wound with the vinegar solution (see below) twice a day.
- Gently apply Vaseline (from a new jar) to the open wound using a clean Q tip applicator, twice a day.
- Cover the wound with a bandage.

### **FOLLOW THE ABOVE PROCEDURE FOR THE DURATION OF THE INSTRUCTED TIME**

#### **Things to watch for:**

**Bleeding:** A small amount of bleeding on the bandage is normal. If you have continual bleeding, apply firm continuous pressure for 20 minutes. This should stop the bleeding. However, if the wound continues to bleed, then proceed to the nearest emergency room or contact the office number(s) listed.

**Pain:** You may apply an ice pack to the affected area for 10 to 15 minutes every hour.

Please notify us immediately if you see any signs of infection (excessive redness, swelling, yellow drainage, etc.) or if the wound site becomes warm.

### **VINEGAR SOAKS**

After you have removed your bandage, you may begin to use vinegar soaks. Vinegar soaks gently clean the wound, decrease inflammation, and inhibit bacterial growth.

#### **Preparing the Vinegar Solution:**

- You will need one clean container with a lid
- 1 tablespoon white vinegar
- 2 cups of bottled water

Combine water and vinegar in the sealed container. **Replace this solution every 2 or 3 days.** This needs to be refrigerated.

- **Before you begin**, thoroughly wash hands with soap and water for at least 30 seconds.
- Then, wash the wound with antibiotic soap and water. Pat the area dry with a clean towel.
- Use a **clean** gauze pad or Q-tip applicator. Pour solution over the Q-tip or gauze pad then gently dab along the suture line.
- After the wound is completely dry, use a new Q-tip applicator to gently apply Vaseline to the suture line.
- Repeat this procedure 2 times daily for the entire duration instructed.

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