
Wound Care For After a Deroofing Procedure

- You can leave the initial dressing (bandage) that we put on today for 24 hours. *Avoid getting the area wet for this initial period*
- After the first 24 hours, showering is okay. The bandage can be off for showering and water and soap can run off over it. Do not scrub the site.
- Avoid baths, hot-tubs, pools, or any underwater activities where the wound would be submerged in water until 1 week after the area has completely healed over
- **Change the dressing twice daily** (morning and evening), or sooner if needed until the area has completely healed over.
- With each dressing change, apply Aquaphor or Vaseline liberally with a Q-tip directly into the wound basin. Fill it in like frosting a cake. Apply the non-adherent dressing – **purchase downstairs at Drug & Bean Pharmacy (\$20 for box of 10 PrimaPore dressings)**
- *Avoid Polysporin*, as sometimes this can irritate the wound more than help. Wounds need plenty of moisture to heal and the Aquaphor or Vaseline does a great job of keeping the area moist.
- You do not need to ‘air the wound out’. Do not let the wound dry out or become scabbed over. This may end in a sub-par scar result and make the healing time last longer.

If you are having trouble managing the tape/dressings due to the area of the wound, Mepore or PrimaPore™ dressings tend to be more gentle on the skin. It has no *true adhesive* in it, so you can use it even if you have adhesive allergies or sensitivities. You can find these dressings at Drug & Bean Pharmacy downstairs. If you are having difficulties, Co-op Home Pharmacies are also a great resource in recommending other wound care supplies/techniques for de-roofing procedures.

After the wound is completely healed, you can apply a Vitamin E scar gel to the scar. We have one available at our clinic or clinic website shop called *Vivier V-STAT Advanced Scar Repair Gel* for \$40 + GST. The final scar may appear more pigmented initially, but should fade in a few months time. The scar gel can also help accelerate this process.

** Signs of infection include the following: Redness extending 1cm from the wound, warmth to touch, unresolving pain, thick yellow discharge from the wound, swelling, these accompanied with fever. If you are experiencing these symptoms, please fill the prescription below for the antibiotic ointment & email us to let us know.