

Wound Care For De-Roofing Procedures

First 24 Hours

DO

- Keep the **original bandage on for 24 hours.**
- Keep the area **dry.**

DO NOT

- Do not remove the dressing **unless soiled** - if so you can remove and replace the dressing
- Do not get the wound wet.

After 24 Hours

Showering

DO

- You may shower **normally after the first 24 hours.**
- Remove the bandage before showering - if stuck to the skin or over hair, you can get the dressing wet in the shower to remove it easier
- Let water and soap **gently run over the wound.**
- We recommend the **La Roche Posay Lipikar Syndet cleanser** for our deroofing patients, but any **unscented** gentle wash will work as well.

DO NOT

- Do not aggressively scrub the wound, gentle rubbing to get the old ointment off is okay
- Avoid submerging the wound

!!Avoid the following until 1 week after the wound has completely healed!!

- Baths
- Hot tubs
- Swimming pools
- Any activity where the wound is submerged in water

Dressing Changes

Frequency

- Change the dressing **twice daily (morning and evening)**, or sooner if it becomes dirty or wet

If using NanoSALV:

- Change the dressing once every 24 hours

Continue dressing changes routine until the wound is completely healed - usually about 4-8 weeks depending on wound size

Steps for Each Dressing Change

1. **Signs of Infection**
 - Use the La Roche Posay Lipikar Syndet Cleanser or any unscented gentle body wash
2. **Apply NanoSALV Catalytic (Optional)**
 - Apply a thin layer directly into the wound using a clean applicator or glove. (Optional product)
3. **Apply Aquaphor**
 - Apply a thick layer on top. Think thick like frosting on a cake!
4. **Cover the wound with a dressing**
 - Apply the non-adherent dressing.

Supplies (wash, NanoSALV, dressing) are available at Drug & Bean Pharmacy downstairs. It can be purchased as a kit!

Important Tips

1. **✗** Do NOT use Polysporin (can irritate the wound).
2. **✗** Do NOT let the wound dry out.
3. **✗** Do NOT leave the wound open to air.
4. **✓** Keep the wound moist and covered to help it heal properly and reduce scarring.

Dressing Alternatives (If Needed)

If the dressing is difficult to manage, try:

- Tegaderm
- Mepore
- PrimaPore
- Female Maxi Pad (can use in groin and underarm sites)

These are gentler on the skin and suitable if you have adhesive sensitivity.

You can find them at: Drug & Bean Pharmacy - Co-op Home Pharmacies or other Home Care Pharmacies

After the Wound Has Healed

You may apply a Vitamin E scar gel to improve the appearance of the scar.

Example available at the clinic:

- Vivier V-STAT Advanced Scar Repair Gel (\$40 + GST)

Note:

- The scar may look darker at first, but this usually fades over a few months.

Signs of Infection

If you notice...

- Redness spreading more than 1 cm from the wound
- Warmth around the area
- Persistent or worsening pain
- Thick yellow discharge
- Swelling
- Fever

If these occur:

- Fill the antibiotic ointment prescription and begin using this instead of the Vaseline or Aquaphor
- Call or Email us!

If you are unsure if you are experiencing any complications with your healing you can refer to the complications sheet on the next page as well!