



Wound Care and Scar Prevention

Care for minor cut/scrape

After a cut or scrape, clean well with water and soap. We do not recommend cleaning with alcohol or hydrogen peroxide. Keep the area covered with a band aid if it's in a location where it could get dirty and change the band aid daily. Apply antibiotic ointment to the wound for 3-5 days (over the counter example includes Bacitracin, triple antibiotic ointment, or Neosporin).

Care for wounds with stitches, staples, or glue

For a larger wound that requires closure with stitches, staples, or wound glue, the provider closing the wound should give specific care instructions

For Dermabond applied in our office, we recommend the following care:

- Avoid baths or swimming x 7-10 days
- When showering, avoid soaking or scrubbing the area
- Do not apply any topical ointment (including antibiotic ointment) as this may remove the adhesive.
- Expect the adhesive will come off on its own in 5-10 days. If it does not come off after 10 days, place petroleum jelly (Vaseline) or an antibiotic ointment (Neosporin) to remove the adhesive.

Scar prevention

Our best tip comes from local pediatric plastic surgeons and *does not include* any scar medications bought over the counter (such as Mederma, Bio-Oil, or Egyptian Magic Skin Cream). Instead, they recommend massage of the scar with Aquaphor. Their specific recommendations are:

- 2 weeks after injury, start gently (light pressure) massaging the top of the scar with Aquaphor using 1 finger. Do this for 5 minutes every day for 6 weeks.
- 6 weeks after injury, continue massage as explained above, but with increased pressure. Continue this for 3 months total.
- Apply sunscreen daily

When to call

- Wound does not appear to be healing
- Wound opens
- Signs or symptoms of infection: redness, swelling, pain, drainage (pus), or fever