

Stratamed Wound Instructions

These instructions will describe how to care for your surgical site using the Stratamed wound dressing. Stratamed is a new advanced film forming wound dressing that speeds healing and minimizes the need for bulky bandages. You will be wearing a bandage for the first 48 hours (2 days) and then only using the Stratamed without a bandage until suture removal. Follow these instructions **daily** and carefully for optimal cosmetic results.

MATERIALS NEEDED

Mild (liquid) anti-bacterial soap (Softsoap, Dial, etc)	Stratamed wound dressing
Cotton tip applicators or Q-tips	Non-stick dressing pads to cover wound (we will provide)
Scissors	Gauze pads (we will provide)
Tape (We will provide you a 2 day supply)	

PROCEDURE:

1. Keep the area dry for 24 hours starting on the day of surgery. You may shower on the following day unless otherwise informed by your nurse. Leave the bandage intact to protect the wound from the direct water pressure.
2. Immediately following your shower, remove the wet bandage. Remove all old drainage with use of gauze or tissue. Using Q-tips or gauze and a mild soapy water solution, cleanse between the sutures and around the wound well. **DO NOT USE PEROXIDE**. Rinse and gently dry the wound with a clean Q-tip/gauze pad. Make sure the wound is clean and dry.
3. Wash hands thoroughly and then spread a **VERY THIN** layer of Stratamed along the suture line using the applicator and your finger. Allow to dry for 5-6 minutes. If it stays tacky or sticky then you used too much. If this happens lightly blot the area with gauze or a tissue to remove the excess Stratamed and allow the area to dry. Note: You will need to cut the tip off of the applicator with scissors the first time you use it.
4. Cut non-stick dressing pad to completely cover the wound and secure with tape. Apply additional tape as needed to secure the bandage.
5. Apply another coat of the Stratamed in 12 hours. Always wash your hands thoroughly before applying Stratamed. It should be applied twice a day everyday. On the second application, you can simply remove the dressing, reapply the Stratamed, and then tape the dressing back on. However, if you see some dried blood or crusting that needs to be cleaned then clean the wound again as directed above. Otherwise apply another coat of Stratamed and put the bandage back on.
6. After 48 hours/2 days (i.e starting on the 3rd day) if you are no longer having any drainage from the wound you may discontinue the bandage and only apply the Stratamed twice a day. You may clean the wound before the second coat each day if needed. Always make sure the wound is clean and dry before applying. Mild crusting that stays adherent to the sutures can be left in place if it is not easily removed with gentle cleaning.
7. If you go without the bandage and only use Stratamed after the first 2 days of bandaging then once the Stratamed is dry it can be covered with sunscreen or cosmetics. You will want to cover the wound with a temporary bandage/bandaid if you are participating in an activity where flying dirt particles or dust could get onto the wound (ie. gardening, etc). Continue applying the Stratamed twice a day until suture removal.

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IMPORTANT NOTES:

1. Avoid/decrease tobacco use following surgery will drastically improve healing.
2. Avoid aspirin and other blood thinners for one week after surgery, **unless** these are prescribed by a physician. Alcohol also thins the blood.
3. If your wound edges begin to pull apart or open, or if you experience excessive bleeding, drainage, pain, swelling, redness, or fever, then call our office immediately or Dr. Viehman after hours.
4. Avoid strenuous activity for at least two weeks following surgery.

WHAT TO EXPECT FOLLOWING SURGERY:

1. After your surgery you can expect some discomfort from the surgical site. This is highly variable among patients and is also dependent upon the location of your surgery. Some areas are more sensitive than others. We recommend taking a dose of *both* Tylenol 1000mg and ibuprofen 400mg (at the same time) shortly after surgery, and every 6 hours as needed for pain and swelling. If your pain is not adequately relieved, or if you are having severe pain then you should call our office immediately or Dr. Viehman after hours. Avoid any additional aspirin containing products. CAUTION: Bufferin, Anacin, Goody Powders, Excedrin and B.C. Powders all contain aspirin products and should be avoided.
2. After surgery you should expect some mild swelling and redness around the surgical site. Ibuprofen and ice packs will greatly help to reduce swelling. In many cases the swelling is a side effect of the numbing medication used during surgery. Some areas of the body tend to swell more than others, such as around the eyes and on the forehead. Swelling may worsen over the 48 hours following surgery, particularly following lying flat at night. If you feel your swelling or redness is abnormal please call our office.
3. You may experience a low grade fever (99-101) for which any NON-ASPIRIN product may be used. Tylenol is recommended.
4. You may have mild drainage from the wound which may or may not have a foul odor and be yellowish in color. This is especially common on the legs. The yellow drainage is NOT a sign of infection.
5. Significant bleeding is unlikely but can occur. If you experience bleeding then lie down and apply firm, constant pressure to the surgical site for a minimum of twenty minutes. Do not “peek” during this period. If bleeding continues, repeat the pressure on the surgical wound for an additional twenty minutes. If the bleeding persists then please contact our office as early as possible during the day so that we may make arrangements for your evaluation. Dr. Viehman or his PA Sarah Holt may also be reached after hours on their cell numbers. If you are unable to reach our office or Dr. Viehman, then please proceed to the nearest emergency room for evaluation and assistance. Call 911 for severe problems.
6. **Ice packs should be used post surgically** and may be placed over the wound dressing to help with pain and swelling, and bleeding. The ice pack is placed over the wound for fifteen minutes and may be repeated four to six times per day for 2-3 days. You may also use a bag of frozen peas in substitution.
7. Please contact this office or your local doctor if you have excessive bleeding, swelling, redness, fever or pain.

Further questions can be addressed through our office at 910-256-2100. Our normal business hours are Monday, Tuesday and Thursday, 7:30am – 5:00pm and 7:30am – 1:00pm on Wednesday and Friday.