

Wound Care Instructions

Return to the Student Health Center for a recheck in: _____ Days _____ Return as needed.

_____ Keep the area dry and covered for _____ hours.

_____ Your stitches should come out in _____ days.

How to care for your wound:

- Once bandage is removed, gently wash around the wound every day with soap and water.
- Change the bandage every day, applying ointment or Vaseline and then the bandage. Continue this until wound is clearly healed.
- You can move around as much as feels comfortable. If the scab is cracking when you bend, it needs more ointment.
- If the bandage gets wet make sure you change the bandage. You do not want to leave a wet or dirty bandage against your wound.
- When your wound is dry and scabbed, you no longer need a bandage.

Please contact our office for any of the following:

- Pain that is new or different
- If the wound gets hotter
- If redness spreads more than about ½ an inch out from the edge of the wound
- If there are large amounts of pus (liquid) or if the wound smells bad
- If the area around the wound swells up
- If, for any reason, you don't think the wound is healing
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More Questions?

Call the Advice Nurse at 831-459-2591 during regular business hours.

If the Student Health Center is closed, please see our *After Hours Care Handout* located on our website for a list of places you can be seen off campus: healthcenter.ucsc.edu