

Caring for Granulating Wounds Using Hydrogen Peroxide

How do I care for my wound after skin surgery?

We have put a pressure bandage on your wound to help prevent bleeding. This bandage should stay in place for 24 hours. If the bandage comes loose during this time, re-tape it.

After 24 hours, remove the bandage. The wound can get wet in the shower after the bandage is removed. Follow these instructions to clean the wound twice a day until it has healed or until we see you at your follow-up appointment.

1. Wash your hands.
2. Gently clean the wound with soap and water. Do not scrub.
3. Gently clean the wound with hydrogen peroxide using a Q-tip® or cotton ball.
 - Do not scrub the wound too hard.
 - You may have a yellowish thin layer of dried fluid stuck to the base of the wound. This is normal, and it does not need to be removed by scrubbing.
 - It is also normal to see a thin red ring around the wound.
4. Pat the wound dry.
5. Put a thin layer of Vaseline® ointment on the wound until it's healed.
6. At home, you can leave your wound uncovered (without a bandage), but be sure it stays moist with ointment and doesn't dry out. If you'd like, you can cover the wound with a Band-Aid®. You want to avoid getting a scab (hard crust) over the wound.

After _____ weeks, stop using hydrogen peroxide and switch to plain soap and water to wash the wound. If you use the hydrogen peroxide for too long,

you will irritate the surrounding skin and prevent the wound from completely healing. Continue using Vaseline® until the wound has fully healed.

How can I manage my pain after skin surgery?

You should only have a small amount of pain from swelling. For the first 1-2 days after surgery:

- On the day of your surgery, put an ice pack over the bandaged wound for 15-20 minutes every 1-2 hours until bedtime.
- Take 1-2 Tylenol® Extra Strength pills (acetaminophen 500 mg pills) every 6-8 hours as needed for pain. Don't take more than 6 pills in a 24-hour period.
- If you had surgery on your head or neck, sleep with your head elevated (raised) on 2 pillows.

Should I decrease my activity level after surgery?

Activity increases your risk of bleeding and pain by increasing blood flow to the area. Because of this, you should:

- Decrease activity for the next 24 hours (or as directed by your doctor).
 - Avoid all exercise, bending, lifting, fast walking, sports, etc. for 24 hours.
- Any activity that increases your heart rate increases your risk of problems.

Should I be concerned if the wound is bleeding?

You may notice a small amount of blood on the bandage for the first few days. This is normal. However, if the bleeding continues, seems like a large amount, or soaks through the bandage:

1. Relax and lie back in a chair or bed.
2. Put firm, steady pressure on the wound for 15 minutes straight, without lifting the pressure off.

If bleeding continues after these steps, call our office or one of the doctors listed on the “Cutaneous Surgery and Oncology: Who Do I Call?” sheet. If you can’t reach anyone on the list, you may go to the nearest emergency room.

What will the wound look like?

There may be swelling or bruising around the wound. If the wound becomes increasingly red, swollen, warm, tender, drains a thick creamy fluid, or if you develop a fever or chills, please call our office.

How long will it take for my wound to heal?

Your wound will fill in and heal on its own over the next several weeks. You may experience itching, tingling, or numbness near the wound as it heals.

Will I have a scar?

The scar may stay pink for months, but it will fade with time.

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