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General Wound and Incision Care

Most wounds and stitches don't require a bandage, and it is often difficult to keep wound in these areas covered. You may want to cover a wound for esthetic reasons, or to protect the area from abrasion from clothing or bedding.

Vaseline based antibiotic ointments, such as Neosporin® or Bactiracin® are available without prescription from your pharmacy. The Vaseline provides a protective coating and the antibiotic helps to fight infection.

Apply ointment to the area at least three times a day, and as needed to refresh the coating. You can apply it directly from the tube, or use a Q-tip to spread the ointment. Before bathing, apply a thick coat of the ointment. Afterwards, pat the area dry, then apply more ointment.

Be careful when shaving around stitches, as they can be cut by the razor. It is normal for skin edges to be red in color, and for a small amount of yellow serum or crust to form on the edges. If there is an increase in redness, or actual drainage from the wound, this could be a sign of infection. Progressive swelling, increasing pain and redness, especially if accompanied by fever, should prompt a call to our office at (510) 465-0941.