



CO2 Laser wound care

PATIENT STICKER

Following your CO2 laser,

You will need to have at home:

- Cotton tips/ cotton buds
- Vaseline
- Gauze Swabs
- Sterile Normal Saline (0.9% Sodium Chloride)
- Jelonet (Vaseline Gauze)

Appointment/s	
Action: _____	Action: _____
Time: _____	Time: _____
Date: _____	Date: _____
With: _____	With: _____

Wound care instructions

Immediately after the surgery the treated area will be dressed with Jelonet (a Vaseline impregnated Gauze) which will be folded over and laid on top of a layer of additional Vaseline. This dressing stays in place and collects much of the ooze that occurs from the treated area.

At home, ensure hands are washed thoroughly with soap & water before attending wound care.

1. Gently remove the Jelonet (sometimes you will have a dry dressing on top of the Jelonet, if this is the case, remove the dry dressing first).
 2. If the Jelonet has dried slightly, wet the Jelonet with sterile saline on gauze to soften.
 3. Once the dressings have been removed, Wipe over the area with the wet gauze removing any yellowish material, crust or scab that may have formed. Continue to do this until you are no longer removing any yellow material anymore. If this is **VERY** tender and bleeding occurs, stop and move onto next step;
 4. Pat the lip dry with plain gauze;
 5. Cover the lip with a layer of Vaseline;
 6. Cut a strip of Jelonet fold in half and lay onto the Vaseline covered lip. (you may find different ways to apply the Jelonet that work better for you).
- Repeat this procedure whenever the lip is mucky or uncomfortable. It may require dressing changes every 2-4 hours. Overnight treatment is not essential but, if it is done once during the night, it will certainly make the morning treatment less difficult.

The treated area may take up to 2-3 weeks to heal, it is important to continue your wound care for this time, after a review with the nurses; you will be able to lower the frequency of your wound care.

Avoid hot or hard foods for the first 24/48 hours. Regular paracetamol is recommended for pain relief as directed by your doctor or pharmacist. Please avoid anti-inflammatory medications unless you already take them.

If you have any queries or concerns please contact the SELECTED surgery below and speak with a nurse.

- Oxford Dermatology - Mt hawthorn:** (08) 6140 1000 (#2 for Nurses) **Email:**Nurses@oxforddermatology.com.au
- Oxford Dermatology - Bunbury:** (08) 6140 1080 **Email:** Bunbournurses@oxforddermatology.com.au
- Karrinyup Dermatology:** (08) 9245 3376 **(Please call Karrinyup Dermatology to make your appointment)**
- Oxford Day Surgery:** (08) 6147 2600

Nurse: _____ **Sign:** _____ **Date:** _____

Places we recommend for good value dressings

(Please note Oxford Dermatology has no affiliation with the below businesses)

-Independence Australia

Online Orders: please go to the website below to make your online purchase. Delivery normally takes between 3-5 business days. Free delivery is offered over \$50.

<http://store.independenceaustralia.com/wound-care.html>

Alternatively your online purchase can be collected from the WA showroom in Balcatta open 9am-4pm Monday-Friday.

Unit 2, 139 Balcatta Rd, Balcatta WA 6021

Phone: speak with one of the customer service team members to place your order. Contact hours are between 8am-7pm (AEST) Monday-Friday

1300 788 855

-Other places that sell general wound care items and dressings are local chemists/pharmacy

Frequently used dressings/wound care items:

- Dry NON STICK dressing pads
- Fixomull/Hyper fix (white meshed adhesive dressing)
- Micropore (skin colour tape)
- Allevyn (pink in colour used on donor sites)
- Jelonet (white soft paraffin impregnated gauze)
- Vaseline (white soft paraffin)
- Sterile Normal Saline (0.9% Sodium Chloride)
- Cotton tip applicators (4-6 per dressing change)
- Steri strips (used post removal of stitches)