



PC- SD 6.20- Wound Care Lip following CO2 Laser

You will need to have at home:

- Cotton tips/ cotton buds
- Vaseline
- Gauze Swabs
- Sterile Normal Saline
- Jelonet (Vaseline Gauze)

Action:	Appointment
Time:	
Date:	
With:	

Introduction

Immediately after the surgery your lip, 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 lip.

Instructions

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

1. Soak the plain gauze swabs in normal saline;
2. Place the soaked gauze on the Jelonet covered lip for 5-10 minutes;
3. It may be necessary to remoisten the gauze with Normal Saline, use several new pieces of gauze over the 10 minute period;
4. Gently remove the Jelonet which should now be soft;
5. Wipe over the lip with the wet gauze removing any yellowish material, crust or scab that may have formed. If this is **VERY** tender and bleeding occurs, stop and move onto next step;
6. Pat the lip dry with plain gauze;
7. Cover the lip with a layer of Vaseline;
8. Cut a strip of Jelonet fold in half and lay onto the Vaseline covered lip.

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.

- Generally, the lip will take 2-3 weeks to heal and you will be required to continue your lip care for this period.
- We will see you weekly to check that your lip is healing as it should. After a week you may be able to move onto using Vaseline only.
- For the first couple of days you may find it helpful to drink through a straw, and eat food that is simple and easy to chew.
- For pain relief take paracetamol or codeine bases medication (as directed). Avoid aspirin and anti-inflammatory medication (unless prescribed by the doctor).

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

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