



Wound Care - Sutures

Supplies Needed:

- Ointment: Vaseline, Aquaphor, Polysporin, **or** prescription mupirocin ointment
- Cotton tip applicator to apply ointment
- Telfa or non stick pad
- Gauze for pressure if needed
- Hypafix, bandaids, or paper tape (Coban for wounds on the arms or legs)
- Extra Strength Tylenol for pain

- **Leave the original bandage on for 24-48 hours** unless instructed otherwise.
- After 24-48 hours, you may remove the bandage completely and shower as you normally would. Gently clean it with soap and water.
- Keep the wound free of scabbing, crusting, or “letting the air get at it.” This is done by keeping it covered with ointment and a bandage at all times.
- **You will now re-bandage the wound daily.** For very small wounds (less than an inch), a standard band-aid is typically fine. For slightly larger wounds, you may want to use a 3” x 2” band-aid or create your own bandage. To create your own bandage apply ointment, a non-stick (Telfa) pad, then gauze, then secure with Hypafix or tape. **Use paper tape if you are sensitive to adhesive. Make sure no adhesive is pulling on the suture.**
- Bandage care kits are sold at the office for your convenience
- Please repeat this process of cleaning and re-bandaging the wound until you are seen for your next follow up appointment, typically between 1-2 weeks.
- **Pain/Swelling:** Tenderness and swelling is common. You may take a Tylenol Extra Strength every 4-6 hours as needed for discomfort. If discomfort persists after 12 hours, start alternating Tylenol with ibuprofen every 3 hours. You may also apply ice packs over your bandage.



CLEAR SKIN

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- **Wound appearance:** There may be swelling, bruising, and some redness around the surgical wound. This is normal. The wound should not be hot, painful, increasingly inflamed, or draining pus. If this occurs or you develop a fever and chills, please call the office.
- **AVOID** exercise and heavy lifting for the next few days after the procedure. This may place undue strain on the wound and increase the risk of bleeding and swelling. Once cleared for exercise, please resume slowly and cautiously.
- **AVOID** swimming until the wound is completely healed. This includes; Swimming pools, hot tubs, oceans, and lakes.
- **AVOID** smoking for 7-10 days as this dramatically impairs wound healing.
- **AVOID** alcohol consumption for at least 48 hours after surgery as this may thin the blood.
- **DO NOT** use neosporin, triple-antibiotic ointment, or hydrogen peroxide.
- **DO NOT** scrub the area.
- **DO NOT** use a washcloth, towel, or loofah

Scar: As the wound heals, you may develop a scar which can become raised, tender, or itchy. 1-2 weeks after the sutures have been removed, you may begin scar massages once daily for 5 minutes to minimize scarring. If the area is too tender, wait another day before starting scar massages. Make sure to wear sunscreen! Sun exposure can darken the scar. Once fully healed, you may begin applying silicone scar gel twice daily to the area.

Please call the office if you have any further questions regarding your surgical site at
(727)-248-0118

For after hours emergencies please contact the on-call nurse at
(727)-282-4542