



Wound Care Instructions: REMOVABLE SUTURES OR STAPLES

Your wound has been stitched: There are multiple layers of sutures that are in place. Over the next several days, it is normal to see some bloody discharge on the bandage. If there should be heavy bleeding (that which exceeds your bandaging), lie down, try and elevate the area, and if possible, apply firm pressure and ice with clean gauze for 20 minutes (without peeking). If bleeding persists after two rounds of pressure, please call the office at 321-406-8615. If you believe that your problem cannot wait, please go to the nearest Emergency Department.

Today: Please leave your bandage on for 24 hours. You may apply ice (over the bandage) for 10 minutes every hour, if needed, to reduce the discomfort and swelling that you may experience. This is especially important if you had a larger repair, one repaired with a flap, or had a facial or scalp reconstruction.

If you have pain, you can take Tylenol, regular or extra strength, as directed on the bottle. Avoid aspirin or ibuprofen if possible during the immediate post-operative period (1-3 days).

Avoid any strenuous activity for TWO WEEKS minimum. No working out, heavy lifting over 10 lbs, running, stretching, golf, swimming—basically anything that will subject the wound to tension or excessive movement; walking, desk work, and basic life activities are fine. After 2 weeks, as your wound heals, you will slowly be able to get back to your normal activities. Increased activity leads to an increased risk of pain, bleeding, and wound separation. Please no submerged activities (baths, swimming, hot tubs) for at least two weeks.

Please keep the first bandage on for 2 days, then perform daily bandage changes until your follow up visit for suture removal: If you have difficulty removing the dressing, you may shower with it. It will loosen from the skin and be easier to remove. You may let soapy water run over the wound, followed by clean water. Do not rub the wound or let the stream of water directly hit the wound. You may then pat your wound dry. After patting your wound dry, please apply a thin layer of Vaseline or Aquaphor to the wound, a layer of non-adherent pad (cut to size, only slightly larger than the wound), then affix with tape. Please repeat this process until your suture removal appointment.

For the best cosmetic results: Do not let the wound dry out or scab over. Keep the area moist with Vaseline. Please DO NOT use bacitracin, or other topical antibiotics unless directed. Keep activity to a minimum. Bleeding and/or scabbing in the immediate post-operative period can occur in the wound bed and weaken/spread the resulting scar.

Please Note: Infections can develop. Signs of infection are: fever greater than 101, increased tenderness or pain, red streaking, swelling, pus, and a foul smell. If any of these symptoms occur, please call the office at 321-406-8615.

Sutures: You have sutures in place that will need to be removed. Please do not tug at them. For facial repairs, men need to avoid shaving the area for two weeks until the stitches are removed.

You will be instructed to follow up for suture removal:

You should be monitored by your primary dermatologist at regular intervals and be checked for signs of recurrence. You should always have an appointment scheduled, as your risk of developing a future skin cancer is increased.