

SUTURE CARE AFTER SURGERY

- Keep dressing dry and do not remove it until tomorrow.
- It is normal for the wound to bleed slightly for a few hours.
- If the dressing is soaked with blood, change the dressing and apply constant pressure for 20 minutes. Do not peek to check whether it is still bleeding. If that is not effective, please call the office @ 850-402-9444.
- You may apply ice compresses to reduce swelling or elevate the area if that is possible.
- After the first day, wash the wound gently with soap and water. Apply a small amount of Vaseline daily and cover with a bandaid.
- If steri-strips were applied, leave them until they peel off by themselves. It is okay to get them wet, but don't scrub over them. Do not apply Vaseline. If they start to peel at corners, you can trim the curled edges with scissors.
- If the area becomes red and itchy or if it develops small blisters, stop the Vaseline immediately and call the office @ 850-402-9444. You may be allergic to it.
- Use Tylenol 500mg **OR** Ibuprofen 400mg every 6 hours if needed for pain or discomfort. For more severe pain you may alternate Ibuprofen with Tylenol every 3 hours. Take no more than 2gm of Tylenol per day.
- Be careful not to put excessive pressure on the suture area. No heavy lifting or exercise for 2 weeks.
- Wound healing takes time; you won't know the final result of your scar for a year.
- Return to the office for suture removal in _____ days.
- If given a sling at the time of surgery. You should wear the sling for _____ days.