

Caring for Your Sutured Wound

- No strenuous activity for 7 days.
- Apply Ice for 10 minutes every hour for the first day.
- Take Tylenol, 2 tablets every 4-6 hours as needed for pain, not to exceed 4 grams in one 24 hour period. No aspirin or other over the counter products that contain aspirin and other blood thinners for 48 hours unless directed otherwise.
- Do not drink alcoholic beverages for 48 hours.
- Smoking is detrimental to wound healing, so stopping or decreasing for 3 weeks is ideal, and will aid the healing process.
- Keep the pressure bandage in place for 24 hours. If the bandage becomes blood tinged or loose, reinforce it with gauze and tape.
- It is normal to have swelling and bruising around the surgical site. Elevate the area to reduce swelling. Sleep propped up on 2-3 pillows.
- Remove bandage in 24 hours and begin wound care as follows:
 1. Gently wash the sutured area with soap and water (You may Shower/bathe/shampoo normally) and pat area dry. Do not scrub the suture line. The area should be clear of any drainage or crust.
 2. Apply Petrolatum Ointment to the sutures 4-6 times per day. *Do not use Neosporin Ointment.*
 3. It is not necessary to cover the incision after 24 hours.

STERI STRIPS:

- If you have steri strips (or butterfly tape) in place under your pressure bandage, **do not apply ointment to these**. This will cause these to come loose and fall off. Leave in place. You may shower normally and do not need to cover the steri strips. Change these once per week or replace as needed if any fall off. Continue this as directed. You may be asked use the steri strips for 1 to 2 months.

BLEEDING:

1. Leave bandage in place.
2. Use rolled up gauze or a clean cloth to apply direct pressure over the bandage for 20 minutes. Do not release.
3. Call the office if pressure fails to stop the bleeding.
4. Use additional gauze and tape to reinforce bandage once the bleeding has

- stopped.
5. Begin wound care 24 hours after surgery as directed.

PAIN:

1. Post operative pain should slowly get better, never worse.
2. A severe increase in pain may indicate a problem. Call the office if this occurs.

Call the office if...

1. Any of the bandages become saturated with blood, or you are having bleeding that is not stopping with direct pressure after 20 minutes.
2. You are having a great deal of pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be worse instead of getting better each day (Increased pain, redness, increased swelling, warm to touch, drainage).
4. Your graft bandage has become wet with drainage or has come off.

How to Reach us:

Please call **503-223-3104**. After hours or on weekends, please call **503-208-8127**.