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Wound Care for Procedures with Sutures

No strenuous activity for 7 days

Apply ice for 10 minutes every hour while awake 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, ibuprofen, 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 until the following morning. 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 first thing in the morning 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 the steri strips to come loose and fall off. Leave in place. You may shower normally and you do not need to cover them. Change these once per week, or replace as needed if any fall off. Continue this as directed. You may be asked to 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 mins. Do not release.
3. Call the office if the pressure fails to stop the bleeding.
4. Use additional gauze and tape to reinforce bandage once the bleeding has stopped.
5. Begin wound care the following morning or 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. The bandage becomes saturated with blood, or you are having bleeding that is not stopping with direct pressure after 20 mins.
2. You are having increased pain that is not relieved with Tylenol or prescribed medication. Pain after 48 hours is not expected.
3. The wound appears to be getting worse instead of getting better each day (increased pain, increased redness, increased swelling, warm to touch).

How to reach us: call 503-223-3104, ext 1809. **For after hour emergencies only, such as uncontrolled bleeding, please call 503-208-8127.**