

## Wound Care Instructions with Stitches

- Keep your wound covered and dry with a bandage for the next 24 hours. If your bandage becomes loose before this time, carefully re-bandage it.
- Do the following daily until your stitches are removed
  - Remove bandage and clean gently with soap and water in the shower or bath tub.
  - Apply a thin layer of Vaseline (petroleum jelly) or Aquaphor ointment. We do not recommend Neosporin or certain antibiotic ointments, because in most cases it is unnecessary and may result in an allergic reaction. Your provider may recommend a topical antibiotic ointment such as Polysporin to apply to the area if indicated.
  - Keeping the healing wound moist until completely healed with the above mentioned product is essential to wound healing, decreasing the risk of infection and minimizing the scarring. If a scab forms, then the area cannot heal as well.
  - Apply ice for 10 minute increments, 3 times per day as needed to reduce swelling and pain. Do not place ice directly on area. Use an insulated ice pack or cloth.
- You may shower normally after 24 hours. No SOAKING in water, such as a bath tub, pool or tub until the stitches are removed.
- If the bandage adhesive is irritating the skin surrounding the area, then you may want to use paper tape and gauze or first aid pads from the drug store.
- It is normal the site to be slightly red. If you notice increasing redness, pain or pus on the wound, then please let us know.
- Pain following your surgery is usually minimal and can be relieved by taking Tylenol every 4 hours as needed. You should avoid pain relievers containing aspirin or ibuprofen for 2 days following the surgery, because they may cause more bleeding and bruising.
- A SMALL amount of blood on your bandage the first day after your surgery is normal. If you begin to have heavier bleeding, apply firm, continuous pressure over the bandage with gauze or a clean towel. Do this without stopping for 15 minutes. Place ice pack on your wound and limit your activity. If the bleeding does not stop after these treatments, then please CALL THE OFFICE for further advice.