



ASSOCIATED DERMATOLOGISTS

POST-SUTURE REMOVAL CARE INSTRUCTIONS

Today, your stitches (sutures) were removed. Your wound was checked to ensure proper healing.

Wound Care

- o Keep the area dry until the following day
- o After 24 hours you may shower normally.
 - o Pat the area dry — do not rub.
- o Do not pick, scratch, or pull at the healing skin.
- o Avoid activities that may stretch or reopen the wound (typically 14 days after surgery on the head and neck, or 21 after surgery on the chest, back, arms, or legs)

Steri-Strips® (If Applied)

- o Steri-Strips® may have been applied to support the healing skin (these are glued-down butterfly bandages that span the incision line).
- o Steri-Strips® usually stay on for 5-7 days; though a few may fall off sooner and a few may last longer.
- o If still present after 10 days, please remove them gently.

Scar Care

- o Once the area is fully healed (skin closed, no scabs or drainage), begin using a silicone gel or silicone sheet.
- o After stitch removal or Steri-Strip® removal, begin applying silicone gel or sheets to help improve scar appearance. This should be used for 12-18 hours/day for up to 12 weeks.

Sun Protection

- o Protect the healing area from sun exposure.
- o Apply broad-spectrum sunscreen (SPF 60 or higher) to the healed incision site to reduce scarring and discoloration from exposure to sunlight.

Contact Our Office If You Notice:

- o Increasing redness, swelling, or warmth
- o Drainage, pus, or bleeding
- o Worsening pain
- o Fever or chills
- o The wound reopens

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