

## Wound Care for Sutured Wounds

Please remember to not smoke, drink alcohol, nor ingest aspirin the week before and the week after your procedure. Please inform your doctor if you take prescribed blood thinners. Try to increase your consumption of Vitamin C with each meal.

After the first 2 days, remove the original dressing.

After 48 hours, the wound can get wet in the shower (no direct spray).

Then clean the wound as follows twice a day until suture removal:

1. Wash your hands.
2. Morning and night, clean the sutured wound area very gently with hydrogen peroxide or either a Q-Tip or gauze.
3. Apply a thin layer of antibiotic ointment (Bacitracin, Neosporin) for the first 3 days.
4. Switch over to **Aquaphor** ointment or **Vaseline** after day 3 of cleaning the sutured area.

At home, the wound may be left without a bandage. If you are going out, or wish to cover it, use a regular Band-Aid or non-stick bandage. **Tefla** pad is one type of a non-stick pad that comes in sheets and can be cut to size (may be purchased at pharmacy or any drug store) and paper tape. Change it each time you clean the wound.

If dissolvable stitches were used on top, continue to apply ointment until stitches dissolve away. They will begin to fray after 1-2 weeks (10-14 days). Leave them alone until then.

You may experience itching, tingling, or numbness near the wound as it heals. The scar may remain pink for months and the area may remain numb for weeks to months following surgery.