



## **INSTRUCTIONS FOR CARE OF THE WOUND WITH STITCHES**

1. Keep your wound dry and covered with a bandage for the next 24 hours. If your bandage should become loose before this time, carefully retape it.

2. Do the following two times daily until all your stitches are removed:

- Remove bandage
- Clean your suture line with half hydrogen peroxide and half tap water using clean gauze or a Q- Tip. Gently remove any crusts. Pat dry.

- Apply a thin layer of antibiotic ointment (i.e. Polysporin or Bacitracin) to your wound. This is available in drug stores without a prescription.

Please do not use Neosporin as it can cause an allergic reaction.

- Apply ice for 10 minutes three times per day as needed to reduce swelling and pain.

3. After two days, it is not necessary to keep the wound covered with a bandage. Wearing a bandage longer than this may cause a bandage rash.

4. You may bathe and/or shower as you normally would. If you are bathing within the first 24 hours after your procedure, apply a clean cloth, dry band aide or gauze immediately following your bath or shower.

5. Pain following your surgery is usually minimal and can be relieved by taking Tylenol every four hours, as you need it. You should avoid pain relievers containing aspirin or Ibuprofen for two days following your surgery because they may cause bleeding.

6. A small amount of blood on your bandage the first day after surgery is normal. If you begin to have heavier bleeding, apply firm pressure over the bandage with gauze or clean. Do this without stopping for 15 minutes by the clock. The treatment should be adequate to stop the bleeding. If the bleeding continues, remove the soiled bandage and apply a clean bandage.

Place an ice pack on the wound and decrease your activity. If the bleeding does not stop after these treatments, please call us at the Littleton Office (303) 795-2030 or the Lowry Office (303) 261-15251 at any time.

7. Mild redness around the suture line is normal; however, if the skin around the suture line becomes very red, swollen, painful, or has pus-like drainage, please call us at the Littleton Office (303) 795-2030 or the Lowry Office (303) 261-15251 at any time to ask to speak with the Doctor or a nurse. Please do not hesitate to call if you have any questions or concerns.