



Care of your Stitched (Sutured) Wound Site

Bandaging:

Apply **Vaseline Ointment** (plain petroleum jelly) once daily to the wound with a fresh non-stick bandage until your sutures are removed.

If the wound is in an area that you cannot use a bandage (eg. hairy areas like scalp), then apply the Vaseline Ointment three times per day. Be careful to avoid the stitches with your comb or shaver. Friction from clothes can fray the stitch knots and cause the sutures to fall out prematurely, possibly resulting in a worse scar, so keep the bandage on to protect it.

Cleaning:

Keep the wound dry for 24 hours after surgery. After that, you may let water run over the wound while showering, but do not soak under water. Remove the bandage before showering. Do not rub or scrub the wound. Gently pat the area dry and then apply vaseline and a fresh bandage as instructed above. Avoid swimming, hot tubs, baths or any activity where the wound is soaking under water.

Infection:

Some redness around the edge of the wound is normal. If the wound becomes very red, hot, swollen, oozing pus or painful, it may be infected. You should see either us or your Family Doctor to evaluate the wound.

Pain:

If you are experiencing pain, take 2 plain (325mg) Tylenol (acetaminophen) as needed every 4-6 hours (up to 8 pills per day). If pain persists and/or Tylenol does not control the pain, contact our office.

Suture Removal:

The stitches need to be removed by us, your Family Doctor or a Walk-in Clinic. Generally, face stitches (sutures) are removed in 5-7 days, and elsewhere in 10-14 days.

Type of Suture used: • Deep Vicryl/ Monocryl • Superficial Nylon
If you have any questions or concerns, contact our office at 403-278-1997.