

## INSTRUCTIONS FOR "CLOSED" (SUTURED) WOUND CARE

### MATERIALS:

Q-tips or cotton tip applicators  
Vaseline or Polysporin (Do not use Neosporin)  
Telfa dressing pads (Non-adherent dressing pads)  
Medical tape (Note: Hypafix tape is available at CVS across the street from Cary Skin Center)

### PROCEDURE

1. Allow the pressure bandage to remain in place for 24 to 48 hours.
2. Using liquid antibacterial soap and water gently cleanse the sutures and surgical wound using a Q-tip.
3. Apply small amount of Vaseline ointment to sutures.
4. Cut small strip of Telfa pad to cover suture line, secure with tape.

### NOTE

1. Keep wound dry for 24 hours
2. Avoid strenuous activity for at least two weeks following surgery.
3. Dressing can be changed as often as necessary, however dressing change once daily is usually sufficient.

### WHAT TO EXPECT FOLLOWING SURGERY

1. Swelling, bruising, and redness around the wound are common. These symptoms typically resolve within several days.
2. A low-grade fever (99-101 degrees Fahrenheit) following surgery may occur. A **NON-ASPIRIN** product may be used.
3. Drainage from the wound will occur. The drainage may have a yellowish color and foul odor. The drainage and odor will resolve after several days.
4. Significant bleeding is unlikely but may occur. Should you experience significant bleeding it is recommended that you lie down and apply firm, constant pressure to the surgical site for a minimum of 20 minutes. If bleeding continues, repeat the pressure on the surgical wound for an additional 20 minutes. In the event that bleeding persists, please contact our office as early as possible during the day so that we may make arrangements for your evaluation. If you are unable to reach our office or your doctor, please proceed to the nearest emergency room for evaluation and assistance.
5. Discomfort at the surgical site may be experienced for several days following your surgery. One or two **NON-ASPIRIN PAIN** relievers taken every 4 hours may be used as needed. **CAUTION: Bufferin, Anacin, Goody Powders, Excedrin, and B.C. Powders all contain aspirin products.**
6. Icepacks may be placed over the wound dressing during the first 24 hours. The icepack is placed over the wound for 15 minutes and may be repeated 4 times per day. You may also use a bag of frozen peas in substitution for an icepack.
7. Please contact our office or your local physician should you experience excessive bleeding, swelling, redness, fever, or pain.

Further questions can be addressed by calling our nurse line at 919-277-1017. Our normal business hours are Monday, Tuesday and Thursday, 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.

**IF BOX IS CHECKED, YOU HAVE BEEN GIVEN A PRESCRIPTION. PLEASE CHECK YOUR CARY SKIN CENTER BAG AND TAKE AS DIRECTED.**