

## **Post Suture Removal Instructions**

1. Wash incision line with anti-bacterial liquid soap and water daily. A nurse will instruct you concerning the need for further application of Vaseline or dressing. Otherwise, apply sunscreen daily, once the area is completely healed.
2. If steri-strips have been applied, allow them to fall off on their own. **DO NOT PULL STERI-STRIPS OFF!** Continue to wash daily with mild soap and water. Do not apply Vaseline or sunscreen until steri-strips have fallen off. Steri-strips will stay on from several days to two weeks. Steri-strips may be gently removed after two weeks.
3. Begin scar massage in 3 weeks unless otherwise instructed. Massage with firm pressure in the direction of the scar with Vaseline or a moisturizing lotion for three minutes three times daily. You may also use a silicone gel sheeting product. Most drugstores have their own brand. Use as directed per package label.

### ADDITIONAL INSTRUCTIONS:

- Pimple-like bump(s) may appear along suture line. This may indicate that your body is “spitting” out internal sutures rather than dissolving them. No intervention is needed. It may take internal sutures several months to dissolve.
- Suture line will remain pink for several weeks to several months. Firmness of the scar is common.
- Swelling is common, but will resolve.
- If you experience fever, excessive drainage, separation of the skin edges, or warmth at the site, please call us during normal business hours at 919-363-7546.

Further questions can be addressed through our office at 919-363-7546. Our normal business hours are Monday, Tuesday and Thursday, 7:30am – 5:00pm and 7:30am – 1:30pm on Wednesday and Friday.