

Post Suture Removal Instructions

1. Wash incision line with anti-bacterial 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. **OPTIONAL:**
 - You may begin scar massage 3 weeks from the date of your suture removal. Using your fingertip, massage with firm pressure in the direction of the scar with Vaseline, Vitamin E, or a moisturizing lotion for 3 minutes 3 times a day for 4-6 weeks.
 - You may use a silicone gel sheeting product on your scar. ScarLine Rx Silicone Scar Therapy can be ordered at www.scarlinerx.com. This product will be shipped directly to you and comes in assorted sizes. The shipping is free. Your nurse will help you choose the best size for your surgical scar.
 - Most drugstores have their own brand of a silicone gel sheeting product or you may try Dr. Blaine's Scar Care which can be ordered at 1-800-307-8818 or on their website www.drblaines.com. Dr. Blaine's may be available at CVS or Rite Aid Drug Stores.
 - Use the above products as directed per package labels.

ADDITIONAL INSTRUCTIONS:

- Pimple-like bump(s) with or without drainage 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. Performing scar massage (#3 above) will help to soften the scar tissue.
- 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 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.