



CARY SKIN CENTER

INSTRUCTIONS FOR "CLOSED" (SUTURED) WOUND CARE

MATERIALS NEEDED:

- *Q-tips or cotton tipped applicators
- *Antibacterial liquid soap
- *Vaseline or Polysporin
- *Telfa – Non adherent pads
- *Medical Tape

DAILY WOUND CARE:

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 Q-tips or clean fingers and rinse off with water.
3. Pat dry or let air dry for 5-10 minutes
4. Cut Telfa pad to cover suture line
5. Apply a very thin layer of Vaseline to Telfa pad, secure Telfa pad to suture line with medical tape.
6. This procedure will be repeated daily until sutures are removed

NOTE:

- * Avoid bending over – use your legs to squat until sutures are removed
- * Avoid lifting more than 10 pounds until sutures are removed
- * Avoid strenuous activity until sutures are removed
- * You may shower as normal beginning 24 hours after your procedure with or without the bandage.

WHAT TO EXPECT FOLLOWING SURGERY:

1. Swelling, bruising, numbness and/or redness around the wound are common. Swelling “peaks” about 2-4 days following surgery. These symptoms typically resolve within several days. Elevate the area to reduce swelling. If the area is on an extremity, elevate to reduce swelling. If the area is on face or scalp, prop up head with an extra pillow or sit in a recliner.
2. Take one or two **NON-ASPIRIN** PAIN relievers as needed for pain. (**Motrin, Ibuprofen, Aleve or Tylenol**) (Tylenol or Acetaminophen is preferable. You may add Ibuprofen, Aleve or Motrin as directed, if tolerable.)
3. Drainage from the wound may occur. It may have a yellowish color and will resolve after several days.
4. If you experience bleeding that leaks beyond the edges of your dressing, roll up a clean hand towel, place over surgical site, lie down for 20-30 minutes using body weight for pressure if possible. Repeat if bleeding continues. Please contact our office as early as possible during the day. If you are unable to reach our office or your doctor, please proceed to the nearest emergency room for evaluation and assistance.
5. A low-grade fever (99-101 degrees Fahrenheit) following surgery may occur. A **NON-ASPIRIN** product may be used. (**Motrin, Ibuprofen, Aleve or Tylenol**)
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 6 times per day.
7. Please contact our office or your local physician should you experience excessive bleeding, swelling, redness, fever, or worsening pain.

Further questions should be addressed through our clinic team 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. Calls to our physicians should be limited to medical emergencies only.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer. The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label SPF 30 or higher, broad spectrum (which means it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer) and water resistant for up to 40 or 80 minutes.