



CARY SKIN CENTER

Wound Care Instructions (Post Suture Removal)

If Steri-strips have been applied after suture removal, keep them dry for 24 hours. After 24 hours you may shower, and gently cleanse over the Steri-strips. Allow them to fall off on their own. (This may happen between 2-14 days after application) **DO NOT PULL STERI-STRIPS OFF!** Steri-strips may be gently removed after two weeks by applying Vaseline to strips to loosen adhesive.

ADDITIONAL INFORMATION:

- Pimple-like bump(s) with or without drainage may appear along the suture line. This may indicate your body is “spitting” out the internal sutures rather than dissolving them. It may take several months for internal sutures to dissolve.
- If you experience separation of the skin edges, please contact the office during normal business hours.
- The suture line will remain pink for several weeks to several months. Firmness of the scar is common. Wound healing takes six months to one year (or longer) before you have an idea of what the scar will look like.
- Once completely healed, keep the wound protected from the sun with sunscreen of SPF 30 or higher. Darkening of the scar may occur if not protected from the sun.

OPTIONAL: Silicone Gel Sheeting

A silicone gel sheeting product may be used to improve the appearance of your scar. You may begin using silicone gel sheeting three weeks after suture removal, once your incision is completely closed.

Recommended Products Are Listed Below:

- Kelo-cote products are available at most pharmacies and drugstores.
- ScarAway products are available at most pharmacies and drugstores.
- Most drugstores have their own brand of a silicone gel sheeting products 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.
- Scar Line 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.
- Use the above products as directed on package labels.

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 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.