

Dissolvable Suture Instructions

Please wash your hands thoroughly before caring for the wound. Please follow these instructions:

1. Leave the bulky, white pressure-dressing in place for 48 hours. After 48 hours, remove the dressing *slowly* and *carefully* to avoid pulling apart the underlying sutures. **Do not** remove the brown, skin-colored tape.
2. **DO NOT GET YOUR WOUND WET FOR 7 DAYS!** It is crucial that you keep the area absolutely dry for a week. Absorbable sutures may dissolve too quickly if they get wet, and your wound may open.
3. The brown, skin-colored tape directly over the sutures should be removed 7 days after surgery. Some sutures may be dissolved or removed when the tape is taken off. Do not worry if not all the sutures are gone, as they will dissolve on their own with time.
4. After removing the tape, wash the wound once a day with mild soap and water and gently pat dry. Apply Vaseline with a clean Q-tip and then cover with a Band-Aid or other form of non-adherent dressing.
5. Repeat this routine daily until the sutures dissolve and the wound completely heals. If the area remains scaly or itchy, apply Vaseline daily to keep it moist and reduce itchiness.
6. If you develop increasing redness, pain at the site, or pus/malodorous discharge these may be signs of infection. Please call the office as soon as possible or seek medical care.
7. If you notice bleeding through the bandage, hold pressure with gauze/cotton/cloth for 20 minutes continuously without releasing. If bleeding continues after that then repeat holding pressure. If bleeding continues, call our office or go to the nearest emergency room.

NOTE: Do not take any blood thinners (other than those prescribed by your doctor) including aspirin (or aspirin-containing medications). If you need pain relief, take Extra Strength Tylenol. Postoperative pain should improve considerably after 2 to 3 days.

If you have any concerns, please call our office at 704-230-1302. *We will return your calls as soon as possible. If you are experiencing a life-threatening event, please call 911 or seek help at the nearest emergency department.*