

## **Nylon / Prolene Suture Instructions**

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

1. Leave the pressure-dressing on the wound and **keep it dry for the first 48 hours.**
2. After two days have passed, *slowly* and *carefully* remove the dressing so that the underlying sutures are not pulled apart.
3. After removing the dressing, the sutured area should be washed once a day with hydrogen peroxide. Apply Vaseline with a clean Q-tip and then cover with a Band-Aid or other form of non-adherent dressing.
4. **Do not allow the wound to be left open to dry or become dry enough to form a scab.** For your wound to heal properly with the best cosmetic outcome, it is important to keep the wound moist with Vaseline and covered at all times.
5. If the wound appears to be drying out, apply more Vaseline with each dressing change. Continue this routine until the sutures are removed.
6. If the site develops increasing redness, pain, or pus/malodorous discharge, these changes 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 15 minutes continuously without releasing. If bleeding continues, repeat and hold pressure for another 15 minutes. If bleeding persists, please 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), Ibuprofen, Aleve, Advil, or Naproxen. 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.*