

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 up.
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 warm water. Gently pat dry. Do not scrub. 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 scabby or itchy, apply vaseline daily to keep it moist and reduce itchiness.
6. If the site develops increasing redness, pain, or pus/malodorous discharge, these changes may be signs of infection. Please call the office (704-230-1302) as soon as possible or seek medical care.
7. If you notice bleeding through the bandage, hold pressure with gauze/cotton/cloth continuously for 15 minutes without peeking. If bleeding continues, hold pressure for another 15 minutes. If bleeding persists, please call Dr. Al-Dabagh 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. After clinic hours, our line will have an option for urgent concerns, which will route directly to Dr. Al-Dabagh's cell phone.

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.