

Suture (wound) Care Instructions

The following instructions have been prepared for you in the event that your tape/dressing falls off on its own, **OR** if you have been instructed to begin wound care immediately following your surgery.

*You may apply ice to the area around the wound to decrease swelling and/or bruising. Most patients find that it is less uncomfortable to use frozen peas/ice to the surrounding skin as opposed to applying directly to the wound. Remember to use a cloth or gauze barrier between the ice and your skin to avoid skin damage. Head elevation (above ear level) is helpful in reducing the risk of post procedure swelling. Resting in a recliner or 2-3 pillows behind your head/neck and back will accomplish this task.

Suture line care:

Cleanse the suture line 3 times daily with Hydrogen Peroxide, diluted with water (50/50 mixture) or mild soap and water. The best result will be achieved if you take extra care in removing any and all scabs between stitches by placing a 4 X 4 or cotton swab soaked in the Hydrogen Peroxide mix directly on the scab for a few minutes. The scab should be loose enough to remove at this point without causing harm.

After you have cleansed the lines you must follow with Bacitracin or Polysporin 3 times daily. Some patients have been directed to us Aquaphor instead of antibiotic ointment- Dr. Smith will direct you. If you notice additional redness or swelling after applying the antibiotic ointment, please call our office for further instruction.

You should start your cleanings the evening after surgery. You may shower/bathe normally, being careful not to let the shower spray your wound directly until it is not so sore.

If you should have any questions, or experience unusual pain, bleeding or fever, please do not hesitate to call our office or contact Dr. Smith immediately.

Office: 614-245-4263