



Suture Care

908-277-8759
www.PlasticSurgerySMG.com

Caring for your sutures

- Try to keep the outer dressing dry and in place until the next day.
- Wash your hands with soap and water, prior to touching the incision site.
- Remove the outer dressings in ___ hours. If it falls off earlier, it's all right.
- Showers are allowed, but do not submerge under water (no bathing or swimming).
- Cleanse the site gently with warm soapy water once (or twice) a day. Use your fingers, not a wash towel or loofah. Pat dry the area after showering & apply a thin coating of _____.
- When awake: cover sutures with a Band-Aid or with non-stick (Telfa) gauze & paper tape.
- At bedtime: leave the incision area open to air.
- Do not use any lotions, creams or ointments, unless specifically instructed.
- Avoid any activity or exercise that vigorously moves/stretches the surgical area, for 21 days.
- For adults, take one to two Tylenol 325mg (acetaminophen), if needed for pain every 4 hours.

Dealing with problems

- If you experience bleeding, apply continuous pressure; using gauze or washcloth, for 20 minutes. If it does not stop, try putting pressure on the site again with an ice pack for 20 minutes. If it still fails to stop, call us to speak with a nurse, or the on-call doctor if after hours.
- If you develop severe swelling, redness beyond the incision, severe pain, draining pus from the incision, or a fever above 101.5, please contact us for advice. These may be signs of infection.

Biopsy Results (if performed)

When a biopsy test is done, we use the automated SMG portal to notify patients of their results. If you do not receive your results notification by 3 weeks, please contact our nurses.

Appearance of surgery sites

It will take 1 year or more for your incision scar to reach its final stage. Be patient, follow our instructions, and allow your body and time to take care of things. If you believe you aren't healing properly, or if you have other questions, please call our office between 8:30am and 5:00pm to speak with a nurse. After hours emergency calls will be forwarded to the on call surgeon.

Follow-up Visit: ___ / ___ / 20___ @ ___ : ___ Nurse / PA