



INSTRUCTIONS FOR POST-OPERATIVE SUTURED WOUND CARE

1. Leave the initial bandage on for 24 hours.
2. Wash your hands with soap and water or use a hand sanitizer such as Purell before changing the bandage.
3. After removing the bandage (in the shower is OK), cleanse the sutured wound with soap and water, using a cotton swab to scrub between the stitches. It's ok to gently remove any scab or crust. You may use hydrogen peroxide sparingly for the first day or two if the crust is not easily removed with warm, soapy water. Using hydrogen peroxide more frequently leads to delayed wound healing and irritation.
4. Dry the sutured wound gently with gauze and apply Vaseline or Aquaphor ointment to the stitches using a cotton swab. Do not put your finger on the wound or on the ointment tube.
5. Cut a piece of non-adherent dressing just a bit bigger than the sutured wound. Place over the wound.
6. Use paper tape to secure the non-adherent dressing over the wound. Remember to apply pressure to the paper tape for a few seconds to help activate the adhesive to stick better to your skin.
7. Continue this procedure once daily until your stitches are removed.

*Acetaminophen (Tylenol) is contraindicated in patients with liver disease. Ibuprofen (Advil) or naprosyn (Aleve) can be contraindicated in patients on anticoagulation medications (blood thinners), or with kidney disease or a history of peptic ulcer disease. **For otherwise healthy patients – ibuprofen 400mg with acetaminophen 1000mg can be taken every 8 hours for pain.** Your pain should gradually decrease. Contact us if there are signs of infection – redness, tenderness, swelling or a yellowish drainage from the wound.*

To minimize bleeding and bruising, we advise no strenuous exercise, lifting or bending for one week – walking is ok. Sleep with your head elevated (on two pillows or in a recliner). Apply ice to the site for 20 minutes each hour for the first day to decrease the chance of bleeding and swelling.

If bleeding should occur, apply *constant* pressure directly over the site for 20 minutes. If the bleeding does not stop after 20 minutes of *constant* pressure, call our office at (406) 314-4788.

Suture removal should be in _____ days.

Routine questions can be answered by our clinical nursing staff Monday – Friday, 8am – 5pm. Please call (406) 314-4788.