

## Post Operative Instructions For Stitches

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Remove your dressings or Band-Aids \_\_\_\_\_ and follow instructions a-c below:

- a. Soak the incision 3-4 times daily with a warm wet washcloth for 5-10 Minutes at a time.
- b. Gently rub over the areas to remove all softened crusts and blood. Do Use any ointments, creams or powders sunless directed by the doctor. You may use a mild anti-bacterial soap to shower or bathe, such as dial
- c. Wear a cover over the area only if it is rubbed by clothes or has the Possibility of getting dirty. (exposure to dirt or chemicals)

When sutures have been removed small tapes may be applied. These should remain on the incision until they come off (7-10 days). You may wash over them gently and pat dry. The strips will fall off on their own, when they do they do not need to be replaced. If they do not fall off in 2 weeks then you may remove them.

Starting on \_\_\_\_\_ you may begin gently massaging over your incision site with a lotion of your choice. This should be done in small circular motions several times a day. This will help with your scarring.

Keep the areas out of the sun for at least 4 months to avoid having any pigmentation changes. You may use a sunscreen of SPF 15 or higher after 2 weeks or keep the area completely covered. You may also begin wearing makeup after 2 weeks if you have no open areas or scabs.

If there are any signs of infection (redness, swelling, heat, odor or profuse drainage) call the office immediately.

If you have any further questions please call the office and ask for Cyndi or Tahira.

You need a follow up appointment in approximately \_\_\_\_\_.