

Instructions for Incision Care: Dissolvable Stitches

A small amount of oozing or bleeding is common in the first day after your procedure. If this happens, raise the area of the incision above the level of your heart, if possible. Then, apply pressure for 10 to 15 minutes. If the incision is on your face or scalp, you may want to put an old towel or pillowcase on your pillow the first night in case there is any oozing.

Your stitches are under the skin and will dissolve. There is no need to remove them.

Your care team put Steri-Strips™ (tape strips or surgical glue) on your incision. These strips should be left in place for 2 weeks after your procedure. If the edges curl up, you may trim them. If they fall off early, simply wash the area with soap and water and apply antibiotic ointment 2 times a day for 3 days.

The day after your procedure, you may shower and let water touch the Steri-Strips or surgical glue. Even when they become wet, these strips are intended to stay in place. Gently blot the area dry but avoid rubbing. Do not submerge or soak the area under water until cleared by your surgeon.

Please do not be alarmed if you notice your Steri-Strips have become soiled with blood. Slight bleeding and/or oozing is normal after your procedure. This can happen, so we may have applied a gauze bandage over your Steri-Strips.

Leave the gauze dressing on until the day after your procedure. Then, remove it gently. This applies to the outer gauze **only**, which is placed **over** the Steri-Strips.

You may cover the Steri-Strips yourself at home with a gauze/tape bandage and/or adhesive bandage.

You may use over-the-counter medications for pain or discomfort, such as acetaminophen (Tylenol®). You may also use pain medication prescribed by your physician, as needed.

Please **do not use** anti-inflammatory medications such as ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) for 48 hours after your procedure.

You may apply a cool compress for 15 minutes at a time to help with pain. Remove for 20 minutes in between each application. Put cloth between your skin and the compress to protect your skin. You may apply a cool compress to minimize swelling and bruising.

Your skin may be numb after surgery, so please make sure you do not burn yourself with hot or cold compress.

Please call our office at 847.854.3522 (TTY: 711), if you notice any of these symptoms:

A temperature more than 100.5 degrees F for 2 readings taken 4 hours apart

A big increase in redness, swelling or pain around the incision

A **large amount** of bleeding or drainage from your incision
