

CARE OF SUTURED WOUNDS

Most sutures on the face are removed in 5-7 days and those in the scalp in 7-14 days. Until then, the following should be done to best care for the wound:

1. Cleanse the suture line twice a day with hydrogen peroxide on a clean Q-tip to remove any crusting or oozing. You should be able to see individual stitches.
2. After cleansing, apply a layer of antibiotic ointment (Polysporin) to the suture line to keep the wound moist and to help prevent infection.
3. Shower or bathe normally after 24 hours, allowing the water to wash gently over the suture line, but do not scrub on the sutures. It is alright for soap to wash over the stitches, but it must be rinsed off.
4. Keep the wound covered when outside or when in a place where the wound might get dirty. It is otherwise OK to leave the wound open to the air as long as the antibiotic ointment is used to keep it covered.
5. Keep the wound out of the sun. Sunshine decelerates healing and causes discoloration of the scar that may never disappear.
6. Do not swim (pool, lake or ocean) while you have sutures in place or 2 days after they are removed. This can cause infection.
7. If you have been placed on antibiotics take them as directed until you are seen again in our office.
8. If staples were used on your scalp, you can cleanse with a gentle shampoo and pat dry. It may not be possible to use antibiotic ointment on this type of wound. Be careful not to shower or wash your hair with hot water and do not use the HOT setting on a hairdryer as both of these can cause the staples to get hot and cause burns to the scalp.
9. You should have an appointment made at the time of your surgery scheduling. If not please call our office to make one.

If you have any questions, call our office (314) 996-3880.