

PENNSYLVANIA DERMATOLOGY GROUP, P.C.
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HOW TO CARE FOR YOUR STITCHES

1. Starting tomorrow you will care for your sutured wound once or twice daily by removing your bandage and gently cleansing with **warm soapy water**. Then apply a thin layer of **VASELINE** and cover with a bandage.
2. After 24 hours, it is okay to get the wound wet while in the shower. **DO NOT** submerge your incision under water (as in a pool or bathtub). After showering is a good time to perform your wound care as described above.
3. It is best to keep any activity involving the area where your incision was sutured for the first few days to a minimum (especially leg incisions). Avoid heavy bending, lifting, stretching, straining and any vigorous exercise or strenuous activities. This will prevent any bleeding and minimize any stress on the wound, which could cause the incision to open. For face and head incisions, no bending for at least 2-3 days.
4. **Tylenol and ice** for pain. Avoid aspirin, Advil and Motrin for the first 24-48 hours due to increased post-operative bleeding. It is common to see some bleeding or fluid during the first 24 hours. Excessive bleeding should be treated with direct pressure for 15 minutes, followed by ice. If it does not slow down, call the office. Also, call if you note excessive redness, swelling, warmth, tenderness or abnormal discharge, as these could be signs of infection.
5. You will continue homecare until you return to the office for your stitch removal.