



## Post-Excision Aftercare:

1. For the first 24 hours, do **NOT** take off the bandage or get it wet.
2. **After** the first 24 hours, cleanse the wound with mild soap and water and pat dry.
3. Apply a thin layer of Aquaphor or Vaseline to the wound and cover with a bandage. Please **do not** apply Neosporin to the wound as this can cause an allergic reaction. Only Vaseline or Aquaphor is needed to create a barrier to keep bacteria out.
4. Cleanse the wound and apply new Aquaphor/Vaseline and bandage daily until your suture removal appointment. This will ensure the sutures come out easily, which will make you more comfortable during the process.

## Additional Things to Know

Stitches, or sutures, are used to close open wounds on the skin. Stitches need to be removed after the wound has healed (generally after 2 weeks).

Contact us if:

- You develop a fever of at least 100.4°F/38°C and experience chills
- Your wound is red, warm, or swollen
- There is a bad smell coming from your wound
- You have increased pain in the wound area
- You have questions or concerns about your condition or care

You may require emergency care if:

- Your stitches come apart
- Blood soaks through your bandages
- You suddenly cannot move your injured joint

- You have sudden numbness around your wound
- You see red streaks coming from your wound

#### Care for your stitches:

- Protect the stitches. You may need to cover your stitches with a bandage for 24 to 48 hours, or as directed. Do not bump or hit the suture area. This could open the wound. Do not trim or shorten the ends of your stitches. If they rub against your clothing, put a gauze bandage between the stitches in your clothes.
- Clean the area as directed. Carefully wash with soap and water and pat dry. Please **do not** use Peroxide unless directed by your provider, as this can impede wound healing.
- For mouth and lip wounds, rinse your mouth after meals and at bedtime. Ask your healthcare provider what to use to rinse your mouth.
- If you have a scalp wound, you may gently wash your hair with mild shampoo. Do not use hair products, such as hairspray.
- Check your wound for signs of infection when you clean it. Signs include fever, chills, radiating redness, or increased swelling.
- Keep the area dry as directed. Wait 24 hours after you receive your stitches before you take a shower. Do not submerge the wound in a bath.

#### Help your wounds heal:

- Elevate your wound. Keep your wound above the level of your heart as often as you can. This will help decrease swelling and pain. Prop the area on pillows or blankets, if possible, to keep it elevated comfortably.
- Limit activity. Do not stretch the skin around your wound. This will help prevent bleeding and swelling.
- Apply Mupirocin ointment if prescribed and use as directed. Otherwise, apply Aquaphor or Vaseline after washing the wound. Antibiotic ointment is only needed if prescribed by your provider. Please **do not** use over the counter antibiotic ointments such as Neosporin, Bacitracin, etc.

You may have pain or discomfort after your procedure. To help with this, take acetaminophen (Tylenol). Do not take Aspirin or nonsteroidal, anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil/Motrin) or naproxen (Aleve). These medications make it harder for your blood to clot, which may increase bleeding.

If there are any questions or concerns, please contact our office

(877) 425-7756