



## Post-Excision Aftercare

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

Contact us if:

- You develop a fever of at least 100.4°F/38°C and chills.
- Your wound is red, warm, swollen, or leaking puss.
- There is a bad smell coming from your wound.
- Do 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
- Do 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 on your clothing, put a gauze bandage between the stitches in your clothes.

- Clean the area as directed. Carefully wash with soap and water. 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 every two days with mild shampoo. Do not use hair products, such as hairspray. Check your wound for signs of infection when you clean it. Signs include redness, swelling, and puss.
- Keep the area dry as directed. Wait 12 to 24 hours after you receive your stitches before you take a shower. Take showers instead of baths. Do not take a bath or swim.

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 Neosporin, Aquaphor, or Vaseline, after washing the wound.

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

If there are any questions or concerns, please contact us.

(877) 425-7756