



## **Post-Operative Wound Care For Absorbable Suture**

- 1) Leave the bandage in place until tomorrow morning.
- 2) Apply ice over the bandage 10 minutes each hour until bedtime. This helps minimize swelling and discomfort following the procedure.
- 3) You may take Tylenol or Advil for pain. You can even alternate the 2 every 4 hours as needed.
- 4) If a skin graft has been placed, **do not remove the gauze that has been stitched to the wound.**
- 5) Tomorrow morning remove the bandage and cleanse the area gently with soap and water. You may shower and let water run on the surgery site. **DO NOT TAKE A BATH.**
- 6) Pat the area dry and apply Vaseline or Aquaphor ointment and a bandaid. You may use an antibiotic ointment if you prefer, but it is not necessary and may cause an allergic reaction.
- 7) Continue to cleanse and change the bandage every day until the stitches fall out in about 7-10 days.

### **Activity**

- 1) Avoid strenuous activity for the next 48 hours. Nothing more than walking.
- 2) After 48 hours you may resume activity being mindful that the wound will not have its full strength for 6-9 months.
- 3) Do not get in a hot tub, swimming pool or bathtub until the stitches have fallen out.

## **Concerns**

- 1) It is normal to have some swelling and discomfort after your surgery.
- 2) A small amount of bleeding and drainage of clear fluid is normal for the first 1-2 days.
- 3) If bleeding increases after the second day this may be a sign of infection.
- 4) Redness around the wound is normal. If the redness begins to spread from the surgical site this may be a sign of infection.

**\*FOR ANY CONCERNS PLEASE DO NOT HESITATE TO CALL\***

**Dr. Becker: 303.506.6464 (after hours and emergencies)**

**Boulder Office: 303.449.0933**

**Louisville Office: 303.666.5261**