

# POST-EXCISION CARE

Patient Name \_\_\_\_\_ Patient DOB \_\_\_\_\_

## TODAY

- You have:  ABSORBABLE SUTURES that will dissolve on their own  
 NON-DISSOLVING SUTURES that will need to be removed in:  
5-7 days      7-10 days      10-14 days

Suture Removal Appt: \_\_\_\_\_ **OR** Patient given suture removal kit for home removal

## FIRST 48 HOURS

- ✓ Do leave on the pressure bandage we applied to your surgery site.  
✗ DO NOT allow the bandage/surgery site/wound to get wet.

## AFTER 48 HOURS

- 1 REMOVE BANDAGE, SHOWER NORMALLY, CLEANING GENTLY**  
You may notice your surgery site looks lumpy/bumpy – this is normal!
- 2 SPRAY 2 PUMPS OF HYPOCHLOROUS ACID SPRAY** (Sold at front desk)  
**OR**  
**DO A VINEGAR WATER SOAK**  
Combine 1 part vinegar to 4 parts water. Soak CLEAN cotton washcloth or cotton ball in vinegar solution and place on affected area for 5 minutes. Pat dry.  
**TIP!** Do not place the wash cloth or cotton ball back into the solution. Use a new washcloth/cotton ball every single time. If dried blood is stubborn to remove, you may use hydrogen peroxide and a Q-tip to gently remove dried blood.
- 3 CLEAN THE SUTURE LINE, APPLY VASELINE OR POLYSPORIN, REBANDAGE THE WOUND.**  
After the suture line is free of dried blood, apply a generous amount of Polysporin or Vaseline to the suture line and apply a band aid. (You do not have to apply a pressure bandage)  
**TIP!** If your skin is sensitive, it is best to bandage your wound with gauze and paper tape. Allergic reactions to bandages can slow down wound healing and worsen the appearance of the scar.

**CONTINUE THIS REGIMEN TWICE DAILY UNTIL SUTURE REMOVAL**

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## GUIDELINES

- ! Limit activity (lifting, strenuous exercise, or stretching) before the wound is fully healed. Most patients who pop their sutures do so 5-7 days after surgery, leading to complications.
- It is best to elevate the area above the heart as much as possible to decrease swelling.
- You may resume exercise in 2 weeks OR after suture removal.
- You may return to work the next day as long as you are not requiring pain medication and your job does not require strenuous activity.
- While you are taking pain medication, we recommend that you also take a stool softener to help minimize constipation. Do NOT drive while taking prescription pain medication.

## FAQ

### What should the site look like after surgery?

Often excision sites initially appear bumpy. This is expected and necessary. This appearance will gradually improve over the next 3-8 weeks. You may notice a tender bump near the excision site weeks to months after the procedure. This is a deep suture resurfacing, known as a "spitting suture." They can resolve spontaneously, however if redness or tenderness persists for 2-3 days, apply POLYSPORIN OINTMENT and cover area with a bandage.

### Can I use anything to improve the appearance of my scar?

Two weeks after surgery, you may start using Mepitac to improve the final appearance of your scar. It is available for purchase at our office and should be used for a minimum of 2 months.

## WHEN TO CALL

Please text 205-627-4207 or call 205-995-5575 if you have any questions or concerns that your wound is not healing normally or you develop **fever, foul smelling drainage, marked redness, swelling, or intense pain.**

## SUPPLIES YOU MIGHT NEED

- |   |   |
|---|---|
| <input type="checkbox"/> white vinegar                                | <input type="checkbox"/> Vaseline or Polysporin (NOT Neosporin) |
| <input type="checkbox"/> cotton balls or clean cotton washcloths      | <input type="checkbox"/> bandages/band-aids                     |
| <input type="checkbox"/> hydrogen peroxide                            | <input type="checkbox"/> gauze                                  |
| <input type="checkbox"/> Q-tips                                       | <input type="checkbox"/> paper tape                             |
| <input type="checkbox"/> hypochlorous acid spray (sold at front desk) |   |