

WOUND AND SUTURE CARE

It is important to keep your sutures pretty dry for the first 24 hours. Wait at least overnight for showering. After this time you may shower, remember not to soak the wound. Wait for 3 days before taking a bath or swimming. Dry the wound thoroughly by patting gently. Scalps are an exception- they get such good blood supply it is usually safe to wash your hair when you get home.



On the top of the skin we don't use absorbable stitches because they are irritating and require about 6 weeks to absorb. When your stitches start itching too, just imagine another month of that!! Clean the suture line at least twice a day with hydrogen peroxide on a Q-tip. Pour the peroxide on a Q-tip (don't dip the Q-tip into the bottle, that contaminates the whole bottle) and clean up around the sutures. You can get more vigorous as the days go by. This will help remove the blood from around the sutures. It is best to have no scab around the sutures when we are removing the stitches.

You may leave the wound open to air unless your doctor tells you otherwise.

Watch the wound site for swelling, excessive redness or increasing pain. Continue to check for large amounts of discharge and red streaks radiating from wound. Fever, excessive bleeding, smelly discharge, numbness below the wound or inability to use the joint below the wound can also be worrisome. Please call the office if you observe any of the above and share your concerns with our medical assistants. They will determine if the wound needs to be checked by the doctor.

When you start to see the sutures wiggling around easily while you are cleaning them with the Q-tip they are ready to come out. The site and severity of the wound will determine the time we think they will need to remain in. Kids can heal as fast as 4 days on the face or scalp; hands are generally seven days, legs about 14 days. Other things that lengthen the time we leave them in include the amount of tension the area of the wound carries and your level of health.

You appointment for suture removal should be around _____.

Date of last tetanus shot _____.

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Caring Family, S.C.

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