

Sutured Wound Care



Your skin has been sutured in two layers: one deep layer, which will dissolve on its own, and a second top layer which will need to be removed in _____ days.

1. Leave your dressing intact after surgery for 24 hours. You may resume taking a shower.
2. Clean your wound with mild soap and water twice a day.
3. Dab excess moisture with a gauze pad or cotton swab (Q-tip).
4. The wound should be kept moist with Vaseline, Aquaphor, or _____ ointment **two or three times daily**. This should be applied in a thick layer like frosting a cake.
5. Do not use over-the-counter antibiotic ointments or creams like Neosporin, Polysporin, or triple antibiotic.
6. The wound should then be covered with a clean non-stick dressing.
7. Continue until completely healed.

What else should I do?

- ✓ Minimize touching your wound.
- ✓ Avoid smoking. Smoking interferes with wound healing.
- ✓ Avoid submerging your wound in water from lakes, oceans, or swimming pools.
- ✓ Avoid sun exposure and wear sun protective clothing and sunscreen.
- ✓ You may resume moderate activity after 72 hours but you should avoid strenuous exercise for 1 week.
- ✓ If your wound is on an extremity like an arm or leg, please keep this elevated as much as possible. A compression stocking or hose may be useful if allowed by your primary care doctor or cardiologist.

It is normal to have a small rim of pink or mild redness around your surgical sites. You may also experience swelling or bruising. Numbness, sensitivity, and itching may occur after surgery and can take 18 months to normalize.

Bleeding:

1. If bleeding occurs after you leave the office, do not remove the dressing.
2. Using tightly rolled-up gauze or paper towels, apply direct pressure over the dressing for 20 minutes without "peeking" to stop it.
3. Reapply pressure for an additional 20 minutes if necessary.
4. Use additional gauze and tape to maintain pressure once the bleeding has stopped.
5. Call the office or go to the nearest emergency room if pressure fails to stop the bleeding.

Post Procedure Pain Management:

Anytime the skin is cut, there is a certain amount of stinging, burning, or throbbing that can be expected. The following are tips to minimize your pain and understand what to expect:

1. You may take over-the-counter Tylenol (acetaminophen) **as directed on the medication label**. Do not drink alcohol while taking Tylenol. If you are allergic to or have been told by a physician not to take Tylenol, do **NOT** take it. **You should not exceed 3 grams of acetaminophen in a 24-hour period.**
2. If your wound is on an extremity, elevate when convenient. This will minimize pain and swelling.
3. Post-operative pain should slowly get better, not worse. A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.

When should I call the office?

If you see redness developing or spreading, increasing pain, drainage of pus, spreading of the incision, or have any other questions or concerns, call the office at **(847) 367-5575**. After business hours, listen to the message in its entirety and when prompted, request to be connected to the answering service and ask to **page Dr. Park**.

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