

Post-op Care Instructions for Suture/Staple Wound

- Apply light pressure with blue ice or ice cubes (in a plastic bag) around the surgical site. This can be done for a few minutes every couple of hours for the first day after returning home.
- The surgical site may ooze or develop some bruising (flat purple discoloration) especially if the area is subjected to movement or trauma. If bleeding occurs, apply firm pressure for 20-30 minutes. If the bleeding persists or progressive pain and swelling develop, please call our office.
- If you notice redness spreading away from the wound or a puss discharge, please contact our office, as you may have developed an infection.
- Keep the dressing as dry and clean as possible for the first ____ day/s. After ____ hours carefully remove the dressing. If steri-strips are applied do not remove. Steri-strips will fall off by themselves within 3-5 days. It is ok to get the site wet when showering. Do not scrub or let the full jet of the shower stream hit the area. Cover the wound with a layer of Aquaphor or Vaseline ointment and a layer of tape (micro pore) or a large enough band aid.
- If you experience a lot of pain, take extra strength Tylenol. Please avoid taking aspirin or non-steroidal anti-inflammatory agents such as: Motrin, Ibuprophen, Advil or Aleve. Please avoid alcohol containing drinks for the first two days after surgery, as these may cause your wound to start bleeding.
- Smoking decreases the oxygen supply to the wound and will delay healing. We do ask that you avoid smoking during the first two days after surgery.
- Please return for your follow-up appointment for suture removal (taking stitches out).
- If you have questions or problems please call our office at 520-382-3346 or page us at 426-3200, Monday thru Friday, 8:00am-5:00pm. After hours please call 570-6035