



CARE OF SUTURED WOUNDS

Most sutures on the face are removed in 5-7 days, neck 7-10 days and those in the scalp in 7-14 days. Until then, the following should be done to best care for the wound:

1. Cleanse the suture line twice a day with a clean Q-tip dipped in hydrogen peroxide to remove any blood or crusts. You should be able to see individual stitches and the intervening skin edges coming together. Some oozing is normal, this will stop on its own.
2. After cleansing, apply a layer of Aquaphor ointment to the suture line to keep the wound coated at all times for the first 2 weeks.
3. Shower or bathe normally after 24 hours, allowing the water to wash gently over the suture line, but do not scrub on the sutures.
4. Do not cover with a dressing unless outside or where the incision might get dirty.
5. Keep the wound out of the sun. Sunshine retards healing and causes discoloration of the scar that may never disappear. Protect the scar from sun exposure for 6 months - 1 year when the scar changes from red to white.
6. Do not swim (pool, lake or ocean) while you have sutures in place or 2 days after they are removed. This can cause infection.
7. If you have been placed on antibiotics take them as directed until you are seen again in our office.
8. If staples were used on your scalp, you can cleanse with a gentle shampoo and pat dry. It may not be possible to use ointment on this incision. Be careful not to wash your hair with hot water or use the HOT setting on a hairdryer as both of these can cause the staples to get hot and cause burns to the scalp.
9. After suture removal, I recommend **bioCorneum advanced scar cream**. It is a silicone based cream with SPF protection that has been proven in multiple clinical trials to improve the appearance of scars. This FDA approved treatment is only available through a physician's office. Ask Dr Compton, the staff or the surgery scheduler for more details.
10. You should have an appointment made at the time of your surgery scheduling. If not please call our office to make one.

If you have any questions, please call our office at 248-855-7530.