
Wound Care For Wide Local Excisions

- You can leave the initial dressing (bandage) that we put on today for 24 hours. *Avoid getting the area wet for this initial period.*
- After the first 24 hours, showering is okay. The bandage can be off for showering and water and soap can run off over it. Do not scrub the site.
- Avoid baths, hot-tubs, pools, or any underwater activities where the wound would be submerged in water until 1 week after the stitches are removed

- Change the dressing twice daily (morning and evening), or sooner if needed until the stitches are removed
- With each dressing change, apply Aquaphor or Vaseline liberally with a Q-tip directly along where the stitches are, or directly onto the gauze. Seal the gauze with the medical tape
- *Avoid Polysporin*, as sometimes this can irritate the stitches. Wounds need plenty of moisture to heal and the Aquaphor or Vaseline does a great job of keeping the area moist
- You do not need to 'air the wound out'. Do not let the stitches dry out or become scabbed over. This may end in a sub-par scar result and make the removal of the stitches more difficult.

After the stitches are removed, you can apply a Vitamin E scar gel to the scar line. We have one available at our clinic or clinic website shop called Vivier V-STAT Advanced Scar Repair Gel for \$40 + GST

**** Signs of infection include the following: Redness extending 1cm from the stitches, warmth to touch, unresolving pain, thick yellow discharge from the wound, swelling, these accompanied with fever. If you are experiencing these symptoms, please start using the antibiotic ointment prescription supplied to you below & contact our office.**

Note: sometimes "spitting sutures" occur, where the body gets rid of the deep stitches on their own for no particular reason. When this happens, a crusty area starts to appear along the scar line. Don't panic & don't pull it out! This is normal & once the stitch falls out on its own, the scar remains intact afterwards. This usually can happen around 4-8 weeks from the initial procedure date.