



### **Wound Care Instructions Non-Absorbable Sutures**

1. Wash your hands before and after dressing changes.
2. Leave our pressure dressing on for 24 hours. After that, carefully remove the dressing. If you have difficulty removing the dressing, soak the dressing with some warm water, until it loosens.
3. You may shower or bathe after 24 hours. Clean the surgical site 1-2 times daily. Use warm soapy water to remove crusts, and then rinse the surgical site with clear warm water. If you have a little bleeding or oozing, apply pressure for about 10-20 minutes.
4. Put a small amount of ointment, such as Polysporin, Vaseline or Aquaphor on a Q- tip, and apply to the surgical site. Cover with a non-stick dressing, such as Telfa, or Non-Stick bandages, and secure with paper tape.
5. **DO NOT DRINK ANY ALCOHOL FOR 1 DAY AFTER SURGERY!** Continue to take all other prescribed medication, restart supplements in 24 hours.
6. **Please, no smoking, vaping or nicotine products during the healing process.** This causes blood vessels to constrict, impairing the healing process.
7. Your follow up appointment for suture removal will be 1-2 weeks dependent on the area.

Activities: Avoid any activities that put tension on the suture line for 3-4 weeks.

Avoid bending and lifting heavy items. Avoid exercise activities that raise the heart rate or blood pressure. This is not the time to clean out the closets or shed, mow the lawn, or trim trees and bushes, etc.

**If there are any question please call either office or after hours, please call Dr. Christopher Weyer on his cell phone at (520) 977-4747 or Dr. Jamie Moenster on her cell at (520) 427-4202.**