



DERMATOLOGY & PLASTIC SURGERY OF ARIZONA

Wound Care Instructions – Closure with Absorbable Sutures

We have used dissolving sutures/stitches to close your wound. A return suture removal appointment will not be necessary.

Depending on the type of closure, physical activity may be restricted for one week or longer following surgery. Please plan accordingly.

SUPPLIES:

1. Tap water
2. Q-tips
3. ½ inch or 1 inch paper tape
4. Non-stick dressing pads (i.e., Telfa)
5. Vaseline, Aquaphor or Polysporin

APPEARANCE:

There may be swelling and bruising around the wound but will gradually soften and return to normal appearance over time. The suture line may appear bright pink to purple, and the edges of the wound may appear red. Slight tenderness to touch is normal. If the wound develops increasing pain, redness, heat, swelling or purulent drainage, call the office. Those are signs of infection.

WOUND CARE:

The dressing you have been sent home with is called pressure dressing. It can remain in place for 24 hours. You may remove the bandage prior to showering and let the water clean off any crusting and dried blood. You may gently clean with a Q-tip if needed. Change dressing twice per day.

Apply a new dressing as follows after each shower:

- Pat dry and apply a thin layer of Vaseline, Aquaphor or Polysporin along the incision.
- Cover the wound with a non-stick dressing cut to the necessary size. Tape the dressing in place with paper tape.

For dressing changes without a shower:

- Remove the existing bandage.
- Loosen any crusts with a wet Q-tip and pat dry.
- Apply a thin layer of Vaseline, Aquaphor or Polysporin along the incision.
- Cover the wound with a non-stick dressing cut to the necessary size. Tape the dressing in place with paper tape.

One week after your surgery date, discontinue any bandages and return to normal skin care. Any remaining sutures should fall out in the next several days.

BLEEDING:

Careful attention has been given to your wound to prevent bleeding. You may notice a small amount of blood on the edges of the dressing the first day and this is normal. If bleeding is persistent and saturates the dressing, apply firm, steady pressure over the dressing with gauze for 20 minutes. If bleeding continues, repeat pressure for an additional 20 minutes. If bleeding persists, call the doctor, or go to the nearest Emergency Room while continuing to hold pressure on the wound. Marked swelling at the surgical site may indicate blood accumulation and the doctor should be notified.

PAIN:

There will be mild to moderate discomfort for the first 24-48 hours following surgery. You may take two (2) acetaminophens (Tylenol) together with two (2) Ibuprofen every 4-6 hours as needed for pain. Ice packs are very helpful in reducing pain and swelling. They should be applied for 10-20 minutes every hour.

NOTES:

DO NOT DRINK ANY ALCOHOL FOR 1 DAY AFTER SURGERY! Continue to take all other prescribed medications, restart supplements in 24 hours.

- If the wound site is near the eye, saline eyewash may be used on an applicator to clean the corner of the eye and eyelids.
- You may have a low-grade fever (99-100°F) for which Tylenol may be used. You may have some clear drainage from the wound. This will stop after a few days. If not, please call the office.
- **NO NICOTINE PRODUCTS OF ANY KIND DURING YOUR MOH'S PROCEDURE OR THE HEALING PROCESS. THIS INCLUDES SMOKING, VAPING OR SMOKELESS TOBACCO.** *This causes blood vessels to constrict, impairing the healing process.*

DO NOT HESITATE TO CALL WITH QUESTIONS OR CONCERNS.

During office hours (Monday- Friday, 8:00 am – 4:30 pm)

- In Sierra Vista call (520) 458-1787
- In Tucson call (520) 207-3100

After hours, holidays and weekends, you can reach one of our providers.

- Dr. Weyer 520-977-4747
- Dr. Moenster 520-231-7231
- Dr. Swanson 520-462-0530

When leaving a voicemail, please be sure to include your full name, date of birth, and phone number. Our providers will return your call as soon as possible.