

INSTRUCTIONS FOLLOWING SUTURE REMOVAL

1. Be gentle with your surgical site. For the next 2-3 weeks additional healing will occur. You may wash the area gently and apply moisturizer as tolerated. If you wear make-up, it may be used to cover your incision if desired. Sunscreen will also protect the area.
2. Discontinue wound care, including cleansing and applying Vaseline, unless otherwise instructed by our office.
3. In the weeks following suture removal, you may notice a tiny bump in the incision site. This *could* be a vicryl stitch (the dissolvable stitches used under the skin) working its way to the surface of your skin. This happens on occasion and may be gently removed from the skin with sterile tweezers. However, if you are unsure or have concerns, please feel free to call our office.
4. Gentle massage over your surgical site may be started 1-2 weeks following your suture removal to soften and desensitize the area. There are several products offered specifically to diminish the appearance of scars. Often, a good moisturizer is adequate.
5. Your healing will continue over the next 12 months. If at any time you are concerned regarding the appearance of your surgical site, please let us know.
6. Sunscreen is always helpful to reduce further damage to the skin and to provide protection following your surgery. We sell certain sunscreens that are particularly good for patients with a history of skin cancer.

If you have any questions regarding your post-operative wound care, please contact our office anytime at 704-375-6766.