

**James R. DeBloom, M.D.**  
**South Carolina Skin Cancer Center**

**Dissolving Sutured Wound Care**  
**For \_\_\_\_\_**

White bandage  
may be removed  
tomorrow at \_\_\_\_\_

Date: \_\_\_\_\_

- No strenuous activity for **48 hours** – this includes no bending over or heavy lifting. Resume moderate activity in 48 hours. No heavy exercise until you are seen for your follow up in one week.



For the first night, keep your head elevated while sleeping or resting. We recommend sleeping on 1-2 extra pillows or in a recliner. This will help with swelling and bruising. Bruising may last for up to 10-14 days.

- Take 2 tablets of Acetaminophen (**Extra Strength Tylenol 500mg**) every 4 hours as need for pain. If pain does not improve after 2 hours, take 2 tablets of Ibuprofen (Advil 200mg) every 4 hours in addition to the Acetaminophen.
- No alcoholic beverages for 48 hours.
- Keep the white pressure dressing in place for 24 hours. If the dressing becomes blood tinged or loose, reinforce with gauze and tape. (Refer to reverse side of page.)
- Remove white pressure dressing after 24 hours.
- Leave flat, brown dressing in place until your follow up appointment.



Keep the dressing **DRY**. Wash around it carefully.

- If the tape becomes soiled or starts to come off, reinforce it with additional paper tape or Band-Aids.
- Do not smoke for 3 weeks - smoking is detrimental to wound healing.
- Numbness, itchiness and sensitivity to temperature changes can occur after surgery and may take up to 18 months to normalize.

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**BLEEDING:**

1. Elevate area above the level of your heart and apply direct pressure with tightly rolled up cloth (wash cloth, towel, shirt, etc.) over the bandage for **20-30 minutes.**
2. If bleeding continues, fill a Ziploc bag half full of ice. Put ice over the area and allow ice to fall away from the surgical bandage (so that the ice is in contact with the surrounding non-bandaged skin). Apply firm pressure with a tightly rolled cloth over the ice and on surgical bandage for another 20-30 minutes.
3. If bleeding continues after following steps 1 and 2, call our office.
4. If you are unable to reach the office or if you feel faint or have chest pain, go to the nearest emergency room.

**PAIN:**

- Post-operative pain typically peaks 4 hours after you leave the office but should get better after this initial peak.
- A sudden or severe increase in pain may indicate a problem. Call the office if this occurs.

**IN CASE OF EMERGENCY:**



**(864) 288-1154 – SCSCC Office Phone**

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**[info@thescscc.com](mailto:info@thescscc.com) – Office Email**

For more information about wound care, watch our video:  
“Wound Care Instructions for a Stitched Wound”  
at  
[www.youtube.com/user/JamesDeBloomMD](http://www.youtube.com/user/JamesDeBloomMD)