

James R. DeBloom  
South Carolina Skin Cancer Center

Non-Dissolvable Sutured Wound Care  
For \_\_\_\_\_

Bandage may be  
removed tomorrow  
at \_\_\_\_\_

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

- **No strenuous activity for 48 hours** – this includes no bending over or heavy lifting. You may resume moderate activity in 48 hours. No heavy exercise until 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 needed 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.
- Do not drink 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.
- Remove bandage in 24 hours and begin wound care as follows:

2 x daily  
until next  
appointment

1. Clean area using your normal soap and water. (Shower or bathe normally.)
2. Dry wound with Q-tip or gauze pad.
3. Apply Vaseline Ointment or Aquaphor Ointment to the sutures.
4. Do **NOT** use Neosporin Ointment!
5. Cover the wound with a band-aid or nonstick gauze pad and paper tape.
6. **Repeat wound care daily until sutures are removed in 9-12 days.**



**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.

**ADDITIONAL INSTRUCTIONS FOR LIP CLOSURES:**

- Do not smoke for 3 weeks; smoking is detrimental to wound healing.
- Try to keep your lips/chin as immobile as possible. Limit big gestures such as laughing, smiling, and yawning for 3 weeks. **AVOID STRAWS.**
- Eat soft foods for the first 24 hours and take small bites of food for the entire 3 weeks.
- When brushing your teeth, you should use a child's brush or use mouth wash to prevent stretching of surgery site.
- If stitches were put in the pink portion of your lip, apply Aquaphor or Vaseline ointment several times a day to that area.

**IN CASE OF EMERGENCY:**



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