

Wound Care with Steristrips Instructions

1. After your procedure, engage in NO activity that may increase your risk of bleeding for 48 hours (bending over, picking up heavy objects, exercising, etc.). Call the office if you experience a sudden increase in swelling with associated bleeding (540-434-2255).
2. Please do not change the dressing. It may turn red. This is normal.
3. If you have a Tegaderm dressing applied to your wound (a clear dressing over the Steristrips), it is extremely common to develop fluid under the bandage. As long as the fluid does not leak, this is normal. You may shower at any time after surgery. If you have only Steristrips, please keep the wound dry for 48 hours.
4. If you had a skin graft and have a Bolster dressing sewn into place, please keep the Bolster intact. You may apply Vaseline to the Bolster 2-3 times per day to keep it moist. Do not attempt to clean or remove any crusts from around the Bolster.
5. Do not apply creams or lotions to the wound.
6. Please take all prescribed medications as directed.
7. You may use 1-2 tablets of Extra Strength Tylenol every 6 hours or Ibuprofen 600-800 mg every 6 hours as needed for pain, unless otherwise directed.
8. Please keep your follow up appointment as previously scheduled. If you are unsure of your appointment time, ask the nursing staff or call the office during business hours.
9. When you return, your stitches will be removed. Steristrips are then reapplied over the incision. Leave the Steristrips in place for one week, and then remove them. If they fall off sooner, it is not a problem; they do not need to be replaced.
10. Keep the incision away from sun exposure, or use SPF 15 or higher sun block applied every two hours for the first 6 months while in the sun.
11. Scars go through a well-regulated maturation phase. At one week, when the stitches come out, the scar will barely be visible. Over the ensuing 6-8 weeks the scar will turn red as new blood vessels and collagen form. In some cases, the scar will need to be smoothed with a wire brush (dermabrasion) at 7 weeks. After the red stage the scar will fade to purple, then brown, and eventually white. Final scar maturation may take 1-2 years.
12. If incisions have been made in a circumferential manner, swelling may appear. This is because the tissue fluid channels (called lymphatics) have been interrupted and need to reform. It may take up to one year for the channels to reform and the swelling to subside. Massage is sometimes helpful during this time.
13. Please call the office if during the first week of surgery you experience:
 - a. Pain persists longer than a few days and is intensifying.
 - b. There is unusual or increased redness and swelling around the incision.
 - c. Yellow or green drainage is noted from the incision site
 - d. Fever develops greater than 101.5

IF YOU NEED ASSISTANCE PLEASE CALL (540) 434-2255