

# WOUND CARE

## WOUNDS WITH STITCHES

Pariser Dermatology aims to quickly, safely, and thoroughly diagnose and treat patients with disorders of the skin, scalp, hair, and nails.

### INITIAL WOUND CARE

- The initial dressing, which is big and bulky, stays on for 24 - 48 hours.
- After you remove the initial dressing, you may shower. Do not submerge the wound.

### IF YOU HAVE STERI-STRIPS:

- Leave in place, keep dry.
- Don't shave or rub the area.
- Strips will fall off by themselves in ~7 days. If they come off early, you may replace them, or you may cover with Vaseline® and a non-stick dressing.

### IF YOU DO NOT HAVE STERI-STRIPS:

- Wash hands before dressing changes.
- Change bandage once daily as follows:
  - Remove the bandage.
  - Gentle cleanse the wound with running tap water and gentle soap.
  - Try to gently clean off crust, dried blood, or debris with a Q-tip®.
  - Apply a thick layer of ointment (Vaseline®/Mupirocin®/ Other: \_\_\_\_\_).
  - Cover the wound with a non-stick dressing (Telfa® or Band-Aid®) and tape.
  - Make sure wound stays covered at all times until the sutures are removed.
- For leg wounds below the knee:
  - Wash wound after showering and then perform dressing change.
  - Try to keep leg elevated.
  - If walking around, you should wear either compression hose or an Ace® wrap for compression.

### WHAT TO EXPECT:

- You may notice some small quantities of blood on the bandage during dressing changes, which is okay. If the blood is dried, you can try to clean it gently with a damp Q-tip®.
- After a few days of healing, you may notice a white-yellow film on the bandage during your dressing changes - this is normal.
- You may develop a little redness around the wound or under the adhesive tape, which is normal as long as there is no drainage, pus, fever, or throbbing pain.
- Itching around the wound is normal, but do not scratch it!

### AVOID THE FOLLOWING:

- Bending, stooping, heavy lifting over 15 lbs, or other vigorous activity for at least 48 hrs.
- Alcohol for 3 days.
- Smoking for at least one week.

