



## **WOUND CARE INSTRUCTIONS FOR SKIN SURGERY** **(DERMABOND and STERI STRIPS)**

Your wound has been stitched and covered with a layer of tissue (skin) glue. Leave the glue and steristrips intact and do not peel them away for at least one week. You may shower and/or bathe normally.

**DISCOMFORT:** Expect some pain. If the suturing is tight, the pain will be more severe. Take acetaminophen (ex: Tylenol) every six hours as directed. If this does not provide sufficient relief, take ibuprofen (Advil), up to 600mg every EIGHT hours. You may take both together and alternate them. We do not routinely prescribe narcotic pain medications. If the pain is severe and not relieved by the above measures, please call the office.

**BLEEDING: You** will often notice some blood on the steristrips – this is NORMAL. If bleeding soaks through the steristrips and/or is dripping (usually from the ends), apply firm, steady pressure with a clean bare finger / thumb. Gauze will stick. If the bleeding stops, re-dress the wound. If not, call our office. Serious bleeding is rare. In this rare instance, apply pressure and call us at once so that we can assist you.

**ACTIVITY:** No strenuous activity for the first 48 hours after surgery. Keep your head elevated. The more you try to do in the first few days, the more discomfort you will have.

**APPEARANCE:** Swelling and bruising are normal. If the surgery is on the forehead or near the eye, it is common for the eye to swell shut. Pinkness / light redness is normal, but the wound should not be red, hot, or tender.

### **WOUND CARE:**

- Since you have glue over the incision site, usually no wound care is required.
- Leave the steristrips in place until they fall off on their own. If they are still present after ten days, you may peel them away. If the glue and/or steristrips remain stuck to the skin for ten days, you can apply petrolatum/Vaseline to loosen them. Occasionally steristrips take up to two or three weeks to peel away.
- There may be dissolving sutures under the glue. These will resolve on their own over a few weeks.
- If there is a blue suture remaining after the glue and steristrips fall away, that needs to be removed. We will discuss this with you.



**COMMON ISSUES THAT MAY BE CONCERNING:**

**Swelling occurs frequently and can be frightening. It is usually worst on the second and third day after surgery and is often worse in the morning.**

**Stitched wounds are often firm for a few months as the scar forms. The deep sutures dissolve, and the scar gradually softens.**

**Sometimes during healing one of the deep sutures will fester and “spit” through the surface. This looks like a pimple and will drain some pus or pink fluid.**

**WHEN TO CONTACT YOUR PHYSICIAN:** Contact your physician if:

- Your wound rapidly swells up or becomes increasingly inflamed, warm, or drains puss.
- You experience active bleeding and cannot control the bleeding with pressure
- You have severe pain that is not controlled by a combination of acetaminophen and ibuprofen.

**Please call our office at 802-864-0192 or 1-800-564-3237, with any questions or concerns.**