

\_\_\_\_\_  
Patient Name

## Suture Wound Care Instructions

### 1. Supplies

You will need to have: Hydrogen peroxide and Q-tips. We will provide: Band-aids or Telfa dressing & Polysporin / Vaseline ointment

### 2. Wound Care

- Dressing needs to be kept dry until \_\_\_\_\_. Afterward, remove all bandaging to expose sutures. The wound may then get wet in the shower and may be gently patted dry.
- Beginning \_\_\_\_\_ clean the wound twice daily with Q-tips soaked in hydrogen peroxide. Remove all crusted material that comes off easily.
- Dry the area and apply Polysporin / Vaseline ointment with a new Q-tip.
- Cover your wound with either a Telfa dressing cut to size, or a band-aid.
- Continue wound care until the stitches are removed in \_\_\_\_\_ days/weeks.
- Continue wound care for 1 week or until site is no longer crusty.

### 3. Prescriptions

- Unless your doctor states otherwise, take Tylenol for pain as needed.

Antibiotic:     Cephalexin             Z-Pak             Other \_\_\_\_\_

Pain Medication (take with food)/optional to fill:     Vicodin 5/500mg             Other \_\_\_\_\_

Other Prescriptions: \_\_\_\_\_

### 4. Activities

- After surgery, go home and take it easy (no exertion, lifting, bending or straining).
- Do not do any heavy lifting or work out exercising for at least     1 week             10 days             2 weeks

### 5. For Facial Wounds

- ★ Use a cold pack for the first 48 hours. Place bag over dressing, 20 minutes out of every 2 hours while awake, (more often is helpful) to reduce swelling. (Hint: Frozen peas in a Ziplock bag work very nicely.)
- Keep your head elevated above your heart while resting and sleeping.
- It is normal to have bruising or discoloration around or below the surgery site, especially around the eyes. Do not be alarmed; this will fade with time.
- May resume make-up/lotion/sunscreen use after 3 weeks, or as instructed.

### 6. Notify the Doctor if the following Occurs:

- Bleeding which saturates your dressing. (Spotting on the dressing is expected.)  
To stop bleeding, hold direct pressure over the dressing for 20 minutes with gauze or a thin towel. Do not remove the dressing.
- Temperature greater than 100°F., severe nausea or vomiting.
- Signs of infection, i.e., redness, swelling, foul-smelling drainage, pain or heat.

### Contact Dr. Birkby/ Dr. Berg:

**Office:** (206) 215-3300 (After hours, press '0' to have operator page doctor) **Toll Free:** 1 (877) 974-3300

**Dr. Birkby's Home:** (425) 712-7156    **Dr. Berg's Mobile:** (206) 769-2582

For questions about wound care, please call the nurses at (206) 456-4117.

**Seattle Skin Cancer Center • 1229 Madison St., Suite 1090 • Seattle, Washington 98104**

Signature \_\_\_\_\_ Date \_\_\_\_\_ Nurse \_\_\_\_\_  
(Person receiving instructions)

Patient     Other (Print Name / Relationship) \_\_\_\_\_