

Caring for Your Sutures (Stitches) After a Minor Procedure Victoria General (VG)

Incision (cut) care

- For 24 to 48 hours (1 to 2 days) after your procedure:
 - › Keep your bandage on.
 - › **Do not get the bandage wet.**
- After 48 hours:
 - › Remove the bandage.
 - › You may shower. **Do not** spray water directly on the area.
 - › **Do not** soak in a tub, swimming pool, or hot tub.
 - › Pat the area dry. **Do not rub.** You may put Vaseline® (petroleum jelly) on your sutures for _____ days. Put a new bandage over your incision, or leave it open to air, as told by your health care team.
- If you have Steri-Strips™ (strong pieces of tape):
 - › Leave them on for _____ days. If they fall off, you can replace them.
 - › You may get the Steri-Strips™ wet 24 to 48 hours after your procedure. Pat the incision dry after showering. **Do not rub.**

Pain

- If you have pain or discomfort after the freezing wears off, you can take acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the instructions on the package.

Bleeding

- If you have bleeding, raise the area up (if possible). Apply firm, constant pressure for 15 to 20 minutes.
- If the bleeding does not stop and it is between 9 a.m. and 3 p.m., call your surgeon:
 - › Surgeon: _____ Phone: _____
- If you cannot reach your surgeon or it is after hours, go to the nearest Emergency Department right away.

Infection

- Signs of infection:
 - › Fever (temperature above 38 °C or 100.4 °F)
 - › Redness, heat, or new or worse pain at the incision site
 - › Yellow or green pus draining from the incision site
- **If you have signs of an infection and it is between 9 a.m. and 3 p.m., call your surgeon.**
- **If you cannot reach your surgeon or it is after hours:**
 - › Call your primary health care provider (family doctor or nurse practitioner).
 - › You can also go to a walk-in clinic or call 811.

Activity

- Based on the procedure you had, your health care team will tell you what activities to avoid.
 - Do not** do strenuous (hard) activity or exercise.
 - Do not** lift more than 10 pounds for _____ days, or until your sutures are removed.

Other instructions

Suture removal

Your sutures will be removed in _____ days by _____
at _____.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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