

Wound Care Instructions – Post-op Steri-Strips

1. Keep the dressing clean and dry for 48 hours. After 48 hours, remove the dressing (paper tape and gauze).
2. Steri-strips have been applied to your skin, over the stitches. **The steri-strips will remain in place, on your skin, for 7 -14 days.** There may be a little bleeding on the steri-strips that looks dark in appearance. This is normal.
3. You may shower over the steri-strips, (after 48 hours and dressing is removed), blot gently to dry.
4. If steri- strips begin to lift at the corners, you may use a small scissor to trim off these corners.

General Post-operative Instructions

1. Expect some swelling, redness, pain, and/or tenderness around the wound. It should slowly go away within a few days. Pain is usually worse in the first 24-48 hours. Swelling is usually worse in first 2-3 days.
2. If your wound is on your face, keep your head elevated on 2 pillows. Do not bend over, no heavy lifting or strenuous activity. **Keep your head elevated above your heart.** If your wound is on your arm, elevate it on a pillow when resting. If your wound is on your leg, elevate it while sitting. Wear support hose and walk frequently to keep blood moving through your legs. Follow these instructions for at least 48 hours. No aerobic exercise or weight lifting for 2 weeks.
3. Use ice packs to control swelling and bruising. Apply 10-15 minutes each hour for the first 24-48 hours while awake. (Frozen bags of peas or corn work well.)
4. Take acetaminophen (Tylenol®) every 4-6 hours as needed for discomfort. **DO NOT** take more than 3 grams (3000 milligrams) of acetaminophen in a 24-hour period. If needed, take non-steroidal anti-inflammatory medications, such as ibuprofen (Advil®, Motrin®) or naproxen (Naprosyn®, Aleve®) according to the package instructions. **Avoid aspirin** and products containing aspirin, such as Excedrin®, for 48 hours after surgery. **Please note: If you are given a prescription pain medication, it may contain acetaminophen (Tylenol®). If you are taking one of these prescription medications, avoid taking additional acetaminophen.** Please check with the clinical staff before taking your own pain medications.
5. If bleeding: Apply firm, uninterrupted pressure with clean gauze for 20 minutes. If it does not stop, please call the office or the after-hours emergency number below, or go to the nearest emergency room.
6. **Call the office if you have a fever over 100.4°F (38.0°C)** or if swelling, redness, and/or tenderness at the surgical site last for more than a few days. These symptoms could represent an infection.
7. If your doctor prescribes an antibiotic, take it until it is all gone. If you have any side effects (rash, diarrhea, nausea or vomiting), call the office.

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8. No bending, lifting anything heavier than 15 pounds, or strenuous activity while you still have stitches in place. Wait 2 weeks before doing any aerobic exercise or weightlifting.
9. Please keep your appointments for either suture removal or a wound check.

Questions or Concerns?

Center Hours: Mon-Fri, 8a.m. – 5p.m. Please contact the Dermatology Center at **716-845-3378** and choose option 4.

After hours, weekends, and holidays: You can reach Roswell Park 24/7 at **716-845-2300** or toll free at **1-800-ROSWELL (1-800-767-9355)**. Our Call Center and nurse triage staff will assist you.