

# DAVID S. FELDMAN, MD

## ORTHOPEDIC SURGERY

Associate Director of the Paley Institute

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## WOUND CARE AND SUTURE REMOVAL PROTOCOL

### Supplies Needed:

- Suture removal kit with scissors and forceps
- Sterile gauze
- Paper tape or any tape that is gentle on your skin

\*\*All supplies can be found at your local pharmacy if not provided by the office.



### WOUND CARE

#### Instructions:

1. Remove the tegaderm bandage on post-op day 7. The incision will have steri strips on it and will look similar to the picture below.



2. After post-op day 7, you may begin showering without a bandage on. Leave the steri strips in place. After you shower, let the steri strips dry then cover with gauze and paper tape as pictured below.



3. Continue to shower daily and cover with a new dressing after each shower until post-op day 14. On post-op day 14, you may remove the excess monocryl suture or have your primary care provider or pediatrician remove them for you.

### **MONOCRYL SUTURE REMOVAL**

#### **Instructions:**

1. Use the forceps from the suture removal kit to carefully remove the vertical steri strips on either end. Pull up each of the steri strips slowly, as the monocryl suture will likely be stuck to it. Leave the rest of the horizontal steri strips in place.



2. Once the steri strip is removed, use the forceps to pick up the monocryl suture (clear string) and very gently pull on string so that it is taut (do not pull too hard). Place scissors at the base of the string where it exits the skin and cut the suture. Remove monocryl suture string on either side of the incision (two total).



3. Re-cover the steri strips with gauze and paper tape to prevent rubbing or catching. Otherwise, you may leave the bandage off. Let the rest of the steri strips fall off on their own. Continue to shower daily. Do not submerge until all of the scabbing has resolved around 3 weeks post-op. Do not use any scar cream, Mederma, Vitamin E, lotions, etc. until the incision is completely healed; around 6 weeks post-op. Keep the incision out of the sun for the first year to prevent the scar from darkening. Wear a bandage, clothing over the scar, zinc oxide, or high SPF sunscreen.

If you have any clinical questions or concerns for the team, please email them and they will respond within a few days.

- **David Feldman, MD:** [dfeldman@paleyinstitute.org](mailto:dfeldman@paleyinstitute.org)
- **Aaron Huser, MD:** [ahuser@paleyinstitute.org](mailto:ahuser@paleyinstitute.org)
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Kristen DeAndrade is Director of Patient Advocacy for Dr. Feldman and Dr. Huser. As a former patient, she is familiar with the surgical and rehabilitative process, and the highs and lows that patients and their families face before, during and after treatment. She was born with dwarfism and has undergone extended limb lengthening, deformity correction, and spinal fusion surgery. Kristen is a direct connection to Dr. Feldman, Dr. Huser and the team and is available to help make the journey as manageable for patients and their families as possible. From a patient standpoint, she can be a valuable resource, please do not hesitate to reach out to her.

- **Kristen DeAndrade**  
**Patient Advocate for Dr. Feldman and Dr. Huser**  
[kdeandrade@davidsfeldmanmd.com](mailto:kdeandrade@davidsfeldmanmd.com)

Mia Johnson is the Family Liaison for Dr. Feldman and Dr. Huser. Mia and her husband adopted 4 children internationally with orthopedic needs, who are patients of Dr. Feldman and Dr. Huser. She has thorough experience with limb length discrepancy, cerebral palsy and skeletal dysplasia as well as various orthopedic care procedures, pre-surgical planning and rehabilitation. Mia is available to provide patients and families with resources and advice in regards to lodging, clinic visits, hospitalization and support services.

- **Mia Johnson**  
**Family Liaison for Dr. Feldman and Dr. Huser**  
**mjohnson@davidfeldmanmd.com**

**\*\*Find Mia and Kristen on Facebook, in the group 'Patients and Families of Dr. David Feldman at The Paley Institute (<https://www.facebook.com/groups/patientsofdrdavidfeldman>) where they can help answer questions and you can connect with other patients and families.**

If you need to reach us for an immediate medical question, we can be reached at **(561) 844-5255**. There is someone on-call 24 hours 7 days a week. For medical emergencies, please call **911** and go to the nearest emergency room. If you are staying locally, St. Mary's Emergency Room is the most convenient for Dr. Feldman and his team to be involved in your care.