

DAVID S. FELDMAN, MD

ORTHOPEDIC SURGERY

Associate Director of the Paley Institute

901 45th Street
West Palm Beach, Florida 33407
<https://paleyinstitute.org>
Phone: (561) 844-5255
Fax: (561) 844-5245

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.