

Wound Care Instructions for Steri-Strips

WHAT DO YOU DO FOR...

WOUND CARE:

- **Leave the pressure dressing on for AT LEAST 48 HOURS and keep it dry.**
 - Pressure dressings are intentionally tight to decrease bleeding, swelling, and pain.
- After 2 days, to remove the pressure dressing, it is often easiest to soak it in the shower/bath to loosen the adhesive. Once removed, you will see **small white strips (steri-strips)** covering the incision line.
- **DO NOT** scrub the area, and **DO NOT** allow the shower pressure to hit the area directly. However, it is okay to get the steri-strips wet. You do not need to cover or re-bandage the area over the steri-strips.
- The steri-strips should fall off on their own in 7-10 days. If they do not fall off after 10 days, it is okay to soak them with water and gently peel them off.
- If the steri-strips fall off before 7 days, please follow the next steps:
 - Apply **ONLY PLAIN PETROLATUM** to the surgical site at least once daily to prevent scabbing until stitches are removed or dissolve on their own in one week.
 - If your doctor placed all dissolvable sutures, you may notice some fine external (outside) stitches that have not dissolved after 7 days. If you see this, you should pull them out with a clean tweezer to avoid “train track” like scars that could form around the incision line.
 - There is no need to re-bandage the area, but if you prefer to keep the wound covered, you can use non-adhesive or non-stick gauze and secure it with paper tape.
 - Wounds that are kept moist heal faster and leave a better scar than wounds that scab over.
 - Do NOT use any antibacterial ointment because they can cause allergic reactions.
- **Always practice good hand hygiene** → wash your hands thoroughly with soap and water before changing the dressing or touching your wound to apply plain petrolatum. You can also consider using disposable gloves while performing wound care.

PAIN:

- Apply **ice packs** for at least 5-10 minutes out of every waking hour for 1-2 days after surgery directly over the bandage to reduce swelling and pain. You do not need to apply ice packs while sleeping.
- **Elevate** the surgical site to minimize swelling.
 - If you had surgery on your head or neck, relaxing in a recliner or sleeping with extra pillows to prop you up may be helpful.
 - If you had surgery on an arm or hand, you can consider using a sling to help.
 - If you had surgery on a leg, in addition to elevation, your doctor may recommend *compression stockings* when you are on your feet.
- For pain/discomfort, we recommend **acetaminophen** or ibuprofen.
 - You may take up to 2 extra strength acetaminophen (1000 mg) and repeat every 8 hours. If you need pain relief in between, you can take 2 ibuprofen tablets (400 mg) and repeat every 6 hours.
 - If your doctor has given you a prescription pain medication, it may already contain acetaminophen and additional acetaminophen should not be taken.
 - **Do not exceed 3000mg of acetaminophen or 2400mg of ibuprofen in a 24-hour period!**
- For any non-resolving pain, contact your doctor.

OPTIMAL HEALING:

- Avoid ANY strenuous activity (i.e. heavy lifting, bending over, or exercise) for at least one week to minimize bleeding risk and to minimize tension placed on your stitches. If your surgery was on the back, arm, or leg, avoid strenuous activity for two weeks.
 - Strenuous activity includes running, weightlifting, biking, yoga, elliptical, rowing, & stretching.
- Avoid alcohol for 2 days as this can thin your blood and cause bleeding.
- Avoid smoking for at least 3 weeks as it leads to poor wound healing. It is best to stop smoking overall.

WHAT SHOULD YOU EXPECT...

INITIALLY:

- **Bruising, swelling, and some pain** are expected after surgery. These will typically resolve in 1-2 weeks. Wounds with stitches on the hands, legs, and feet may take even longer to improve.
 - The more active you are, the more a healing area is likely to swell and potentially cause pain.
 - Swelling and discomfort is especially common for healing wounds on the hands and legs as swelling tends to pool in these areas because of gravity.
- Your wound may feel **tight, itchy or numb**, and should gradually improve over several months.
- Your wound may appear **red, raised, or bumpy** because of the internal stitches, which will gradually improve over the course of 3 months as the internal stitches dissolve.

LONG-TERM:

- In terms of your final scar, everyone is different and follows a different time course of wound healing. It may take up to **6-12 months to see what the final scar** will look like.
- If you have any questions/concerns, discuss with your doctor. He/she may make some recommendations to help with the final scar appearance.

WHAT SHOULD YOU DO IF YOU EXPERIENCE...

BLEEDING:

- The pressure dressing over your wound helps to stop bleeding. Any bleeding that you notice can usually easily be stopped with direct firm pressure. DO NOT remove the dressing, elevate the site, and apply **constant pressure** over the dressing for 20 minutes without checking.
- If the pressure dressing becomes completely saturated with blood or if you experience active bleeding that does not resolve with 20 minutes of pressure, **call your doctor's office immediately**.

CONCERNS FOR INFECTION:

- If you experience signs of infection such as fever, chills, sweats, increased redness, swelling, warmth, yellow drainage, or worsening pain to touch, call your doctor's office immediately.
 - Some redness over and along the suture line is normal and expected.

WHAT SHOULD YOU DO FOR LONG-TERM SKIN HEALTH...

- Wear sunscreen (broad spectrum for UVA & UVB coverage and SPF $\geq$ 30), a wide-brimmed hat, and sun protective clothing to avoid future skin cancers. These also help the redness from the surgical scar fade faster.
- See your dermatologist or physician regularly for a complete skin check. Regular skin checks are important for early detection and prevention of skin cancer.