

Please take this information brochure
to reception who will book a review
appointment post removal of sutures
if necessary

Review Appointment

Date: _____

Time: _____



25 Osborne Street

Wollongong NSW 2500

Ph: (02) 4226 3088

Fax: (02) 4227 1606



**POST SUTURE
REMOVAL**

**WOUND CARE
INFORMATION**

INSTRUCTIONS FOR WOUND CARE FOLLOWING SUTURE REMOVAL

Cleansing

Any area that has not healed should be bathed twice daily with salt water. (one level teaspoon of salt to 1 cup of water). Gently remove any crusting with a clean cotton bud and salt water.

Once dry apply vaseline to suture line twice daily until crusting clears.
Thereafter keep suture line supple with moisturiser or sorbolene cream.

**COMMENCE MASSAGING ONE WEEK
AFTER REMOVAL OF SUTURES**

Massaging

Commence massaging, using two fingers, one week after removal of sutures to encourage blood flow and assist suture line to decrease the build-up of scar tissue. Perform massage to the scar tissue as firmly as can be tolerated at least twice a day for 5-10 mins using sorbolene cream or a moisturiser of your choice.

Healing

Remember it takes many months for surgical scars to heal completely and for the deep colour to fade. Please be patient.

Deep/Dissolving Sutures

These are used to strengthen the wound and usually dissolve within 3 months of your procedure.
Sometimes your body rejects these and you may feel like you have had a stitch left in, spitting through the skin.
Please call us and we can organise to see you and review your wound and remove the deep stitch if appropriate.

Use of Antibiotics

Note: Due to the new antimicrobial monitoring we will not routinely be prescribing you antibiotics.

Queries

If you have any concerns please ring Illawarra Dermatology and Laser Clinic Monday through to Friday between 9am and 5pm on 4226 3088. If it is the weekend or a public holiday and you think there is a problem with your wound, such as an infection, go to your GP, then ring and inform us of your visit to the GP so we can document this in your file.

Follow up Appointment

Please ensure that you have a follow up appointment with your Doctor as discussed in the consultation.