

## **NORTH METRO DERMATOLOGY**

### **Post-Surgical Wound Care – Dissolving Sutures with Steri-Strips**

1. Do not touch or wash the area for 24-48 hours. 48 hours is preferred.
2. Your repair was performed with:
  - a. A deep dissolving layer of stitches made of “monocryl suture” under your skin which you will not be able to see (this takes 4-6 weeks to lose its strength)
  - b. A top dissolving layer of stitches made of “fast absorbing plain gut suture” on your skin which is weak but helps keep the skin together
  - c. A “steri-strip” (a single thin layer of tape) on top of your top stitches, reinforced with “Mastisol glue”
  - d. A gauze pad folded and held in place with “Medipore tape”
  - e. And if your wound is on an extremity, we may also have an “ACE Bandage” wrapped around the wound for compression.
3. After 24-48 hours you can shower. Take the ACE bandage, and gauze pad/Medipore tape off before your shower. Leave the steri-strip in place over the stitches. It's ok to get the steri-strip wet in the shower, but do not scrub it and be gentle with it. Pat the area dry, gently.
4. You do not need to re-apply a gauze pad and tape after your shower unless there is still some bleeding. Bleeding can be normal for up to 72 hours after the procedure, but please call if it goes on longer or is excessive at any point.
5. You may apply the ACE bandage or compression garment directly over the steri-strip if that's what we recommended.
6. Do NOT apply any creams or ointments to your wound site with the steri-strip in place.
7. The steri-strip and top stitches will fall off on their own in 1-2 weeks (often at the same time).
8. It's ok to submerge under water (baths, pools, hot tubs, etc) a few days after the steri-strip and stitches fall off.
9. It's ok to use silicone scar treatment products by Silagen as soon as the steri-strip and stitches fall off.
10. No follow up is necessary for this surgery, but please remember to follow up with skin checks as your dermatologist has recommended. Please call us at 651-789-9800 with any questions or concerns.

**Laboratory/Pathology Services:**

North Metro Dermatology outsources all pathology services to Twin Cities Dermatopathology where all specimens (unless otherwise indicated by the provider) are sent to be analyzed by a Dermatopathologist. Twin Cities Dermatopathology is a separate entity from North Metro Dermatology, and all billing inquiries related to pathology services should be directed to Twin Cities Dermatopathology at 763-525-0363.

**Please contact our office if you have any questions or concerns.**

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