



Rancho Cordova, Roseville, and Sacramento Dermatology

## Transparent Dressing Information

**Remove the bulky dressing in 24 hours and keep the transparent cover (clear cover) in place.**

The transparent (clear cover) dressing that has been applied directly over the stitches is designed to make the care of your surgical site easier for you. This air-tight, waterproof dressing, when applied, should stay in place until you return to have your stitches removed.

You may shower and bathe with this clear dressing on.

You may observe a small amount of drainage or blood under the clear dressing. This is normal and the clear cover can stay in place until your suture removal appointment **AS LONG AS** the clear dressing cover stays **INTACT** as a seal over the wound. **INTACT** is defined as there is no passageway for air to reach the stitches or there is no fluid draining out from under the dressing. Slight curling at the edges of the dressing is OK.

For pain, you may take Acetaminophen (Tylenol) as directed if OK with your medical conditions.

Limit activity and stretching in the wound area; this can lead to bleeding or sutures coming loose. If the wound is on the head or neck, do not bend over at the waist. If the wound is on the leg or thigh, elevate the wound **ABOVE THE HEART** for 2+ hours at a time to help reduce swelling. If you notice swelling increasing as the day progresses and the swelling is down the next morning, you are probably doing too much during the day.

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**ONLY** if the transparent dressing is no longer airtight, **then** you will need to completely remove the clear dressing and start daily care to the site.

**DIRECTIONS OF DAILY CARE:** Using clean fingers or a wash cloth and using a **mild, non- scented** soap, e.g. Dove, and warm water, wash the area to remove any crust, scab and all old ointment. Rinse well.

Apply a thin layer of Vaseline (petrolatum jelly) or Aquaphor Healing Ointment.

Apply a bandage or band aid large enough to prevent adhesive from sticking to the stitches. You will need to purchase additional ointment and band aids if you do not have them at home.

**Do this every day until the stitches are removed.**

## General Information

### Please DO the following:

1. Know it is normal for bruising to appear on or around the surgical site.
2. For face, forehead and scalp area: It is normal to have bruising on the cheeks, neck and chest areas. You may also have puffy or swollen eyelids. You may apply an ice compress for 10-15 minutes every hour as need. A bag of frozen peas or an ice pack can be used for the ice compress wrapped in a thin towel. Do not sleep lying flat for the first few days to help decrease swelling.
3. If you develop a rash where the adhesive of the band aid has contact with the skin, please remove the band aid and apply Vaseline to the rash 3 - 4 times a day for 1 to 2 weeks.
4. It is normal to have pinkness or mild redness at the edge of the wound. If you have stitches, it is normal to have pinkness or mild redness where the stitches are inserted but the color should not increase in size much. If you are overdoing it with moving and stretching, this color can spread.
5. Signs of infection are: redness (like color of red, raw beef) that is spreading outward, increasing pain, increased swelling in the area, pus, fever and / or chills. If these occur please contact us.
6. It is normal to have a yellow color on the band aid or at base of an open wound. A yellow color is not always a sign of infection.
7. Limit physical activity (lifting, golfing, cycling etc.) as directed by your provider following the procedure. If any questions please email or call the Dermatologist or Physician's Assistant.

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### Please DO NOT do the following:

Do Not use Polysporin, Neosporin, Double Antibiotic or Triple Antibiotic Ointment. These products can cause an irritation.

Do Not use a soap that has a scent or perfumes to it. It can cause irritation to the area.

Do Not clean the area with Hydrogen Peroxide or Alcohol

Do Not leave it "open to air" or let crusting material accumulate on the surgical area.

Do Not apply Vitamin E or Aloe Vera Products on it

Do Not apply 1% Hydrocortisone on the surgical site itself.

Do Not use a spa, hot tub, or sauna while stitches are still in.

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Monday-Friday	8:30am - 4:00pm	Dermatology	916 631 – 3010
Weekends, evenings, and holidays		Medical Advice	916 631 – 3040

### Suture Removal Appointment

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_