

-POST EXCISION CARE INSTRUCTIONS-

- Keep the wound dry and covered with the original dressing for a minimum of 3 days.
- After 3 days, remove this dressing then clean the wound with normal saline with gauze or soap and warm water, and gently dab with a clean gauze/towel. (There is no benefit to using Betadine – in fact, these products may delay healing).
- Re-cover the wound directly with a waterproof dressing, taking care that the sutures are also covered by the padding. The wound will now be protected and can get wet when you shower. Gently pat it dry after showers.
- Change the dressing if;
 - ***It is getting very wet and not drying out as well as it should be***
 - ***If you are exercising/sweating (change after each time you exercise and clean well).***
- If you have been given antibiotic ointment, apply this twice a day and then still cover the wound with a dressing.
- Try to limit the amount of movement of the affected area until the sutures are removed.
- If the wound becomes increasingly painful, tender, inflamed and/or warm to touch or you develop a fever, please contact us immediately during business hours or your GP/local hospital after hours.
- After the removal of sutures, please be careful and avoid excessive exercise, stretching and tension across the new scar for several weeks. Usually, a scar takes approximately 12 months to mature. It is normal for the scar to look pink or reddish and slightly thickened in the first 3 -12 months. Over time the scar should soften and be pale in colour.
- You can use 'steristrips' to cover the wound for the next 2 to 3 weeks to help keep the wound together while it is in its final stages of healing.
- Using steri-strips for 6-8 weeks after removing the sutures is recommended to improve scarring.
- Once scab has fallen off – for scarring purposes you can use Strataderm or other scar gels as instructed.