



## Wound Care Instructions (Post Suture Removal)

- If steri strips are applied after suture removal, keep them dry for 24 hours. Bathing or showering is OK after that. Steri strips may be removed when the ends begin to lift or peel.
- After sutures are removed and steri strips have come off (if applicable), cover the wound with antibiotic ointment (Bacitracin). Reapply as needed three to four times daily for one week. Your child may shower or bathe, but do not scrub the wound directly.
- One week after sutures are removed, begin massage therapy of the wound. You may use vitamin E or a hypoallergenic moisturizer (such as Aquaphor or Eucerin) and massage using gentle pressure in a rotating motion to soften and flatten the scar. Do this as often as possible.
- Keep the wound protected from the sun with sunscreen of SPF 30 or higher for one year. Darkening of the scar may occur if not protected from the sun.
- Four to five weeks after the injury the wound may look red and “angry” in appearance. This is a normal part of wound healing. The redness will settle down as the wound continues to heal.
- Wound healing takes six months to one year (or longer) before you really have an idea what the scar will look like.

Please call our office at (847) 398-0400 if you have any questions.