

J. Jason Wendel, M.D.

Dr. J. J. Wendel Plastic Surgery
2103 Crestmoor Road
Nashville, TN 37215
www.drjjwendel.com

Postoperative Instructions

SUTURE CARE (STITCHES)

You have had a surgical procedure that required sutures (stitches) to close the wound. These will remain in the skin for a number of days, depending on their location and your surgeon's discretion.

Instructions

Follow directions for all your medications carefully.

Do not drink alcohol while taking narcotic pain medications.

No swimming for two weeks after suture removal.

Incision Care

Keep the wound and sutures clean, dry and inspect daily for signs of infection.

After 24 hours, wash the area gently with mild soap and water, unless instructed otherwise. Avoid soaking the area while sutures are in place.

In general, baths may be resumed after the sutures are removed.

You may be directed to apply a medication and dressing to the wound. Be sure to ask any questions about your care so that you can perform these dressings at home.

Appearance

Dr. Wendel will decide on the appropriate type of suture(s) necessary for your procedure.

Generally, one of three kinds of sutures is used:

Interrupted - small knots are used to close the wound

Over and Over - continuous, loop-like stitches

Subcutaneous (buried) - a hidden stitch under the skin that dissolves

When To Call

If you have increased swelling or bruising.

If swelling and redness persist after a few days.

If you have increased redness along the incision.

If you have severe or increased pain not relieved by medication.

If you have any side effects to medications; such as, rash, nausea, headache, vomiting.

If you have an oral temperature over 100.4 degrees.

If you have any yellowish or greenish drainage from the incisions or notice a foul odor.

If you have bleeding from the incisions that is difficult to control with light pressure.

If you have loss of feeling or motion.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.