



After Care Instructions

Suture Care

Typical Recovery: 10 to 14 days

Aftercare Instructions

Immediately After Placement

- Keep the sutured area clean and dry for 24 hours
- Avoid touching or disturbing the sutures unnecessarily.
- Cover with a sterile bandage as instructed by your provider.

Daily Care

- Clean gently with mild soap and water once or twice daily. Pat dry with a clean towel.
- Apply vaseline or aquaphor
- Replace the dressing daily or as instructed.

Activity & Protection

- Avoid strenuous activity or movements that stretch the sutured area.
- Do not pick, scratch, or pull at sutures.
- Avoid swimming, hot tubs, or soaking in water until sutures are removed.

Follow-Up

- Sutures are typically removed in 10-14 days depending on the location.
- Keep your follow-up appointment to ensure proper healing.

Warning Signs

- Contact the office if you notice redness, increased swelling, pus, or bleeding.
- Any unusual pain or signs of infection should be reported immediately.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.