

DERMATOLOGY ASSOCIATES OF MORRIS, P.A.

MOHS SURGERY OF MORRIS, P.A.

199 Baldwin Road

Parsippany, New Jersey 07054

Telephone: 973-335-2560

Fax: 973-335-9421

Mohs Micrographic Surgery

www.mohssurgeryofmorris.com

### Care of Wound after Suture Removal

#### \*Steri Strips\*

**Now that sutures have been removed, Steri Strips have been placed over your wound to take the tension off the wound and give it strength as it continues to heal. Caring for them is simple:**

1. Keep the Steri Strips dry the first day.
2. After 24 hours, you may shower or bathe normally but treat the area gently.
3. It is acceptable to get the Steri Strips wet, as they will dry easily.
4. The Steri Strips will usually come off on their own after 3 days. They **do not** need to be replaced.
5. If the Steri Strips are still on after 1 week, gently remove them.

#### Once Steri Strips are off:

- You may use makeup once the Steri Strips are off.
- 1 month (\_\_\_\_\_) from the surgical date you may begin to massage the site. Use a gentle moisturizer and rub in a circular motion for 5 minutes every night for 1 month. Stop on \_\_\_\_\_.
- Sunscreen *IS* necessary. Use at least an SPF 30 sunscreen daily. Remember that the sun still has damaging effects in the winter.
- Scars take from 6 months to 1 year to *fully* mature. After one month you will notice the area becoming pink and bumpy. At this time you will gently massage the area daily. This is to be done daily for five minutes for the next month. This helps to re-orient the scar tissue and gives a better cosmetic result.
- The color of the scar will fade over time but it may remain pink for several months.
- Swelling may also remain for several months, especially if the area is on the face.
- **Occasionally**, an inside suture (stitch) does not completely dissolve. When this happens, (generally 6-8 weeks after surgery) it causes a bump or “pimple” to form on the scar. This is easily removed and is not at all serious. It *does not* mean the skin cancer has returned. Contact us if it happens, but do not be alarmed.

*You should follow up with Dr. \_\_\_\_\_ in: \_\_\_\_\_*

*If you have any questions or difficulties, please contact us at 973-335-2560 ex 402.  
If you are experiencing an emergency after hours please call the office and speak to the  
on-call doctor.*