



# WOMEN'S HEALTH

## ADVANTAGE

### **Staple Removal Care**

#### Steri-Strips:

- You can wash or shower with Steri-Strips in place.
- Clean the area by allowing soap and water to gently run over the incision site.
- Gently pat the area dry and then leave incision open to air.
- An unscented panty liner may be placed in the skin fold to absorb excessive moisture or drainage.
- Do not pull, tug or rub Steri-Strips. If you notice that the steri-strips start to curl prior to 7 days from the day of surgery, please remove them.
- The Steri-Strips will often times fall off within 7 days from the day of surgery. If they have not fallen off within 7 days, please get the steri-strips wet in the shower and peel them off.
- Please be aware that often times dissolvable staples are placed under the skin and cannot be seen.

#### To reduce your risk of infection:

- Always wash your hands before and after touching your incision(s).
- Avoid picking at staples, tissue glue, or stitches.
- Keep your incisions dry (make sure the incision sites have been patted dry after washing).

#### You should contact the office if:

- The incision splits open.
- There is increased pain along with redness and warmth around the incision.
- There is continuous bloody or yellowish drainage from the incision.
- There is a foul odor.

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