



Incisional Care Recommendations

Types of skin closure:

- More common closures:
 - Dissolvable Staples
 - Prineo/Dermabond: This dressing is good for 2 weeks. Patient to remove at home after 2 weeks. Sometimes, it is easier to remove with Vaseline.
 - Silver dressing: Patient to remove at home on day 5.
- Less common closures:
 - Non Dissolvable Steel Staples: If present, patient needs to make appointment to have the staples removed on day 3-7.
 - Surgical Glue
 - Sutures

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.

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).
- Do not apply any lotions or creams to the healing incision(s).

What to watch out for:

- 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
- Any fever over 100 degrees or flu-like symptoms, associated with muscular aching, chills, headaches, or general feeling of ill health.

If you experience any of the above, please call the office of Women's Health Advantage at 260-432-4400 during the hours of 8:30 am to 4:30 pm Monday through Friday. If you are concerned about any of your symptoms or if the office is closed, seek care at an Emergency Department.

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