

HOW TO REMOVE SUTURES

1. You will need tweezers and small scissors (such as grooming scissors or cuticle scissors). Clean these with alcohol well to disinfect them. Wash your hands thoroughly to prevent infection. If your suture area appears infected (with pus draining out) or if it doesn't seem to be healing well, call the office to speak with a medical assistant. Clear yellow drainage and slight redness around the wound is normal.
2. Pull up on the ends of the knot with your tweezers. Clip only one side of the loop close to the knot. Pull out from the other side with the tweezers. You may feel slight tugging, but it should come out rather easily. Call the office if you have any problems.
3. Sometimes, you may see slight bleeding in the suture marks. This is normal and will resolve quickly.
4. After the sutures are removed, you do not need to continue with bandages or your wound care. Try to avoid activities that will put a strain on the wound for the next week. This could cause the wound to open.
5. Typical times for suture removal: face: 6-7 days. Neck and chest: 7-8 days; Scalp 8-10 days; Arms and Abdomen 9-11 days; Back, Legs, and Buttocks: 12-14 days.
6. For all biopsies, we will call you with results only if there is something concerning or if further treatment is needed. If you are interested in your results, you can call the office in 1 week.