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Mon – Fri : 7:30am – 4:00pm • Sat – Sun : Closed
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STAPLE REMOVAL: ONE WEEK

Bandage Care

- Please clean the area at home daily following the staple removal.
- Use saline to clean the area and dry the wound with a Q-tip or clean gauze pad.
- Apply Vaseline and nonstick gauze pad to incision site.
- Continue daily bandaging for **three days following staple removal, as listed above.**

Massaging of Scar Tissue/Healing Expectations

- Begin to massage the area 6-8 weeks after surgery. Massaging the area will help the scar soften and fade quicker. To massage, apply pressure directly and firmly over the scar with clean fingertips and move in a circular motion. Massage the area 10 times a day for 30 seconds.
- Approximately 6-8 weeks after surgery, it is not uncommon to see the formation of “tender pimple-like” bump along the scar. **This is a normal process of the sutures dissolving and wound healing.** Do not pick or squeeze, this will resolve on its own. Should one break open producing a small amount of drainage, apply Vaseline ointment a few times a day until the wound is completely healed.
- Numbness in the surgical area is expected. It can take up to 12-18 months for the feeling to return to normal. During this time sensations of itchiness, tingling and occasional sharp pains might be noted.

Possible complications/When to Call

Signs/symptoms of infection:

- | | | |
|---------------------|---|-----------------------------|
| • Redness | • Fever | • Increased pain |
| • Swelling | • Red streaking
around surgical site | • Foul smelling
drainage |
| • Warm to the touch | • Chills | |