



Post Suture Removal Instructions

- Please continue to be mindful of activities that will place strain on the scar. Even though the wound may look completely healed it only have 20% strength at this point.
- A new scar is susceptible to getting sunburn for at least 4-6 weeks after the procedure. Please continue to practice sun avoidance and sun block.
- For wound closure we generally put 2 layers of sutures, inside and outside sutures. The inside sutures dissolve over a period of 3-6 months depending on the type of suture used.
- Occasionally in a 6–8-week period the inside suture can poke through as the body thinks it is a foreign material and “spits” the suture out.
Please do not be alarmed, but feel free to contact us and we can remove that suture as it can be annoying.
- The presence of internal sutures may also give the scar a bumpy feel, this generally settles as the internal sutures dissolve
- We suggest a follow up in 6 weeks to discuss any concerns pertaining to the procedure, scarring redness etc.
- Based on surgical literature the best treatment for a scar is one that is silicone based.

*We highly recommend **Silagen Cream with SPF 30** for face and **Silagen Strips** may work better for trunk/arms/legs scars. Can be purchased in our office*

Any additional questions:

Please contact our office (847)480-0004 or send your provider a message via your patient portal to communicate with your provider, Rx refill request, update medication list, view patient education specific to your condition