

# Ambulatory Care: Wound Care Instructions (Steri-Strips)

## Procedures/Care

The care you received in Ambulatory Care is only the beginning of your care journey. It is important that you continue treatment once you are home. These instructions were developed to help you to a speedy recovery.

## Instructions for Wound Care

- Keep your dressing or bandage clean and dry. Change the dressing every day unless otherwise advised by your primary care provider AND when it becomes dirty or wet. Polysporin ointment may speed healing and can be applied with each dressing change.
- Showering is okay, but avoid soaking the wound in a bath, hot tub or swimming pool.
- If the wound starts to bleed, apply pressure directly over the dressing for 15 minutes. If this is not effective, call your primary care provider or go to the Emergency Department.
- Call your primary care provider or go to the Emergency Department if any signs of infections are noted:
  - Increased pain, swelling or redness;
  - Decreased movement in the affected area;
  - Red lines or streaks;
  - Foul “smelly” discharge; or
  - Fever or chills.
- Sutures/stitches should be removed in \_\_\_\_\_ days. Contact your primary care provider or Dr. \_\_\_\_\_ for an appointment.

## Instructions for Wound Care Using Steri-Strips

- Steri-Strips, or the paper strips applied to your incision/cut are to remain in place until they fall off by themselves.
- You may shower – but NOT soak the wound – if your primary care provider has approved, in \_\_\_\_\_ hour(s).
- If you decide to remove the Steri-Strips (after at least one week) take hold of both ends and pull toward the middle of your incision.