

Home Suture Removal Instructions

When:

You must meet all criteria:

- 1) You are unable to come for an in person post operative visit at 10-14 days after surgery
- 2) You have a scheduled virtual post operative visit
- 3) You have black nylon sutures in your finger/hand
- 4) You have the provided suture removal kit, gloves, and steri-strips
- 5) You have a support person to remove your sutures for you

How:

Log onto your virtual post op visit. Once instructed to, follow the below instructions for your support person to remove your sutures at home:

- 1) Wash or sanitize your hands, put on gloves if possible
- 2) Open the suture kit and use included alcohol wipe to gently clean incision
- 3) Hold scissors in your dominant hand and tweezers in opposite hand
- 4) Use the tweezers to gently pull suture tails at the knot
- 5) Use scissors to cut one of the horizontal sutures that crosses over the incision.
- 6) Once one side was cut, pull gentle on the knot to remove the suture
- 7) Once all sutures are removed, place steri-strips on incision. Do not pull tightly when putting on steri-strips

To assist in the process, you can find a suture removal video under Patient Resources→Post-Operative Care on our website at www.GeorgeDyerOrtho.com.

Normal:

- A few drops of bleeding that stops quickly
- Small superficial wound opening with no bleeding

When to call:

- Persistent bleeding
- Yellow/white pus drainage
- Redness and/or warmth surrounding incision