

# RULE OF 2'S POST SUTURE

YOUR HOMEWORK FOR THE NEXT 4 MONTHS

1. For the first two months after your sutures are removed, do not treat the surgical site any different than any other area. This is the hardest rule of the Rule of Two's. Your surgical site has regained only a small percentage of its wound strength. At this time, allow it to naturally heal itself and become stronger. This will help to eventually create a less noticeable scar. Remember that your inside stitches take an average of two months for your body to dissolve and go away. During this time it is normal to notice fullness under/around the suture line. It is also normal to experience intermittent shooting/stabbing/prickly sensations as your sensory nerves reconnect.
2. Two months after surgery, if the scar is still noticeable, you should firmly massage the area for 20 minutes two times a day and continue for two months. You may do this with petroleum jelly, scar reducing creams, silicone gels, etc. Temporary stitch "pimples" can also develop during this time and are normal.
3. If the wound worsens during this time (develops nodules or ulcers, drains, becomes painful, changes colors, etc.) and this lasts for more than two days, please call our office.
4. Always remember to cover the scar with a broad spectrum sunscreen (SPF 30 or higher) from the time you stop bandaging until one year after surgery to avoid burning or irreversible discoloration.
5. You may begin using a silicone gel immediately to help accelerate healing and minimize the appearance of your scar. Silicone sheets may be used after the first month (to avoid pulling on the wound).

