

What is it?

Stitch pimples are simply your body reacting to and pushing out a piece of the deep absorbable suture material as your body is metabolizing it.

How do I know if I will get one?

It's completely arbitrary as to whether you will develop a stitch pimple. Your chances of having one are increased by having a history of stitch pimples and large incisions with more buried dissolvable stitches.

When could it happen?

They usually occur when your body is working its hardest at metabolizing the deep layer of stitches. For most types of suture material, this could be as early as 3-4 weeks or as late as 2-3 months.

Will it affect how my scar looks?

Unless you are prone to keloids/hypertrophic scars or infections, stitch pimples should resolve and not affect the final appearance of your scar.

What should I do if I get one?

If you develop a stitch pimple (or several), simply treat it as you would any other pimple: use a sterile lance and comedone extractor, apply a warm compress, or simply allow it to resolve on its own.

If there is a small hole or depression from where the stitch comes out, apply Aquaphor or Vaseline 1-2 times daily until it fills in.

Could it get infected?

Although its unlikely to get infected, stitch pimples that progress and become more painful and larger after a week or two will often respond to a short course of antibiotics. Please call our office if this occurs: 613-317-DERM (3376)

