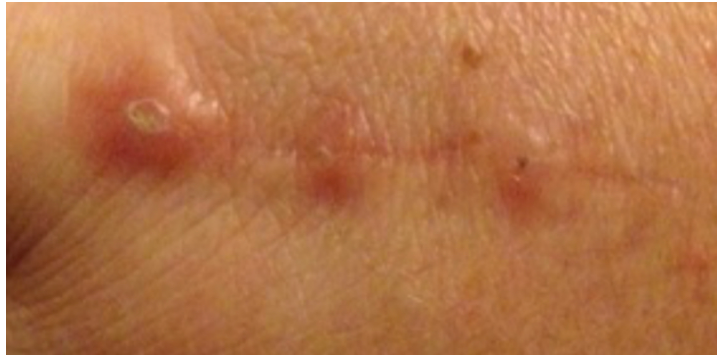


Spitting Sutures, A.K.A "Stitch Pimples"



- What is it from?
 - 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 is completely arbitrary as to whether you will develop a stitch pimple. Things that increase your chance are having a history of stitch pimples and large incisions with more buried dissolvable stitches.
- When could it happen?
 - Stitch pimples 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 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 it is 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 oral antibiotics. Please call our office if this occurs: 636-317-DERM.