

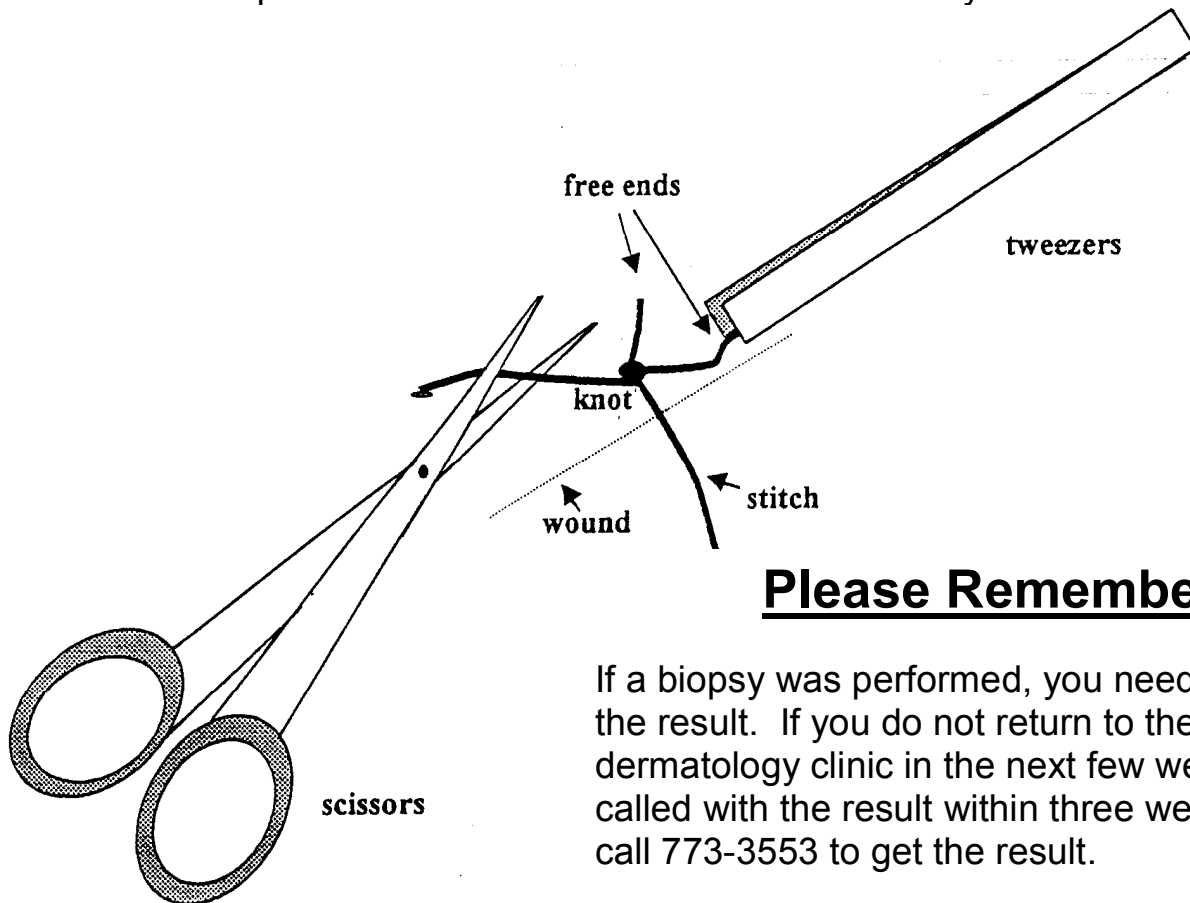


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# Stitch Removal Instructions

## To remove your stitch(es):

- 1) On the designated day ( ) wash the wound briefly with soap and water or rubbing alcohol.
- 2) Use the sterile suture removal kit that you were given at the Rutland Skin Center.
- 3) Grasp a free end of the stitch with the tweezers and gently lift it (See figure below).
- 4) Place one blade of the scissors **under** the stitch to the side of the knot, and cut. Alternatively, you can place an alcohol washed sharp "Exacto-type" blade (sharp-side up against the stitch, dull-side down toward the skin) and cut.
- 5) Pull the cut stitch out with the forceps. Place a small amount of antibiotic ointment over the wound site and keep it covered with a Band Aid for another day.



## Please Remember

If a biopsy was performed, you need to find out the result. If you do not return to the dermatology clinic in the next few weeks or get called with the result within three weeks, please call 773-3553 to get the result.