



## **Steri-Strip Care**

- Steri-strips can be used instead of stitches, with stitches, or after stitches are removed.
- Steri-strips gently keep a wound together.
- Steri-strips are supposed to stay in place for a few days or up to two weeks. (If your steri-strips were applied over stitches, try to keep them in place until you return to the office to have your stitches removed. If your steri-strips were applied after stitches were removed, wearing steri-strips for just a few days can be sufficient to give the wound extra time to heal. Of course, the longer steri-strips are in place, though, the better.)
- You may wash/shower gently with steri-strips in place. Use mild soap and water and gently pat dry with a clean towel. THIS IS USUALLY ALL THE CARE THAT A STERI-STRIPPED WOUND REQUIRES.
- Do not pull, tug, or rub steri-strips.
- Do not apply Vaseline petroleum jelly, antibiotic ointment, or lotion to steri-strips as this will loosen the strips.
- If edges of steri-strips lift up, gently cut these edges off.
- When steri-strips peel off on their own or after they are purposely removed, return to typical wound/scar care. (Gently clean with soap and water. Apply plain Vaseline petroleum jelly two times per day. Practice rigorous sun protection.)
- To remove steri-strips, peel off gently. Baby oil or medical adhesive remover can be used to remove any residual adhesive on the skin.