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Post-operative wound care and SCABS

This information sheet is to help you with post-operative wound care. When your skin is cut, you develop a scab over the area of the cut. This happens after surgery. Scabs have the potential to increase the chance of poor healing or infections. The scab acts as a hiding place and food source for bacteria.

Keep the scabs off your incision. This will improve the final scar appearance and help to avoid complications. You will need to clean the area twice daily. You can wash the area with sterile water. You can purchase sterile water. Alternatively you can make sterile water by boiling water and allowing it to cool. If you are unable to remove the scabs with water, you may need to use hydrogen peroxide. Soak a gauze in hydrogen peroxide and hold this against the wound for 1 - 2 minutes to clean off the scabs.

Once the scabs are off, wash the hydrogen peroxide off the skin with sterile water. Once the area is clean, pat dry with a gauze or clean cloth. Finally, apply Polysporin ointment.

Two to four weeks after surgery, you may develop spitting of a deep suture. This will appear as a small pustule. Wash the area with hydrogen peroxide for 2 minutes three times daily. If this continues, call Dr. Anzarut's office to make an appointment.

If you have any concerns please contact Dr. Anzarut before going to your family doctor or the emergency room. Dr. Anzarut makes himself available 24 hrs a day, seven days a week to address any post-operative concerns.