

## Wound Care with Glue-Mesh Dressing

### What is a glue-mesh dressing?

A glue-mesh dressing is a skin closure system that combines a flexible mesh tape with a liquid adhesive to hold your incision together from the outside. Unlike traditional staples or sutures, a glue-mesh dressing creates a strong, waterproof barrier that supports healing while allowing natural skin movement.

### Advantages of a glue-mesh dressing

- No staple or suture removal required — reduces discomfort and additional office visits
- Waterproof seal — protects the incision from moisture and bacteria
- Even tension distribution — may result in a thinner, less noticeable scar
- Flexible material — moves with your skin during activity and therapy

### Daily Care Instructions

Leave the dressing alone. Do not pick at, peel, or pull the edges of the tape. If a small edge lifts, you may trim it with clean scissors—do not pull it off.

Keep it clean and dry. You may shower 48 hours after surgery. Let water run over the dressing briefly, but do not scrub, soak, or direct high-pressure water at the incision. Pat the area dry gently with a clean towel afterward.

Do not apply anything over or under the dressing. Avoid lotions, ointments, oils, or antibiotic creams on or around the glue-mesh tape. These can cause the adhesive to loosen prematurely.

No submerging in water. Avoid baths, swimming pools, hot tubs, and lakes until the dressing is removed and your incision is fully healed (typically 3–4 weeks).

### What to Expect

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The dressing may wrinkle slightly or develop small bubbles as your skin moves—this is normal. The edges may begin to curl or lift after 10–14 days, which indicates the adhesive is naturally releasing. Some patients notice mild redness or itching around the edges; this usually resolves once the dressing is removed.

### **Dressing Removal**

Your dressing will typically be removed at your first post-operative visit, around 3-4 weeks after surgery. If it begins peeling off significantly before your appointment, contact Dr. Ritterman's office for guidance. Do not forcibly remove the dressing yourself.

### **Warning Signs — Contact Your Surgeon If You Notice:**

- Increasing redness, warmth, or swelling around the incision
- Drainage or fluid leaking from under the dressing
- Foul odor from the wound site
- Fever over 101°F (38.3°C)
- Dressing falling off completely before 10 days
- Separation or opening of the incision

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