



University of North Carolina Wilmington  
Abrons Student Health Center

## INSTRUCTION SHEET: STERI-STRIPS

The Student Health Provider has decided that your cut can be closed with Steri-Strips. Steri-Strips, also known as “butterfly band-aids,” are sticky paper bands placed across a wound to help hold the skin edges together. The body will normally seal the wound in several days, allowing full healing to occur.

While Steri-Strips do not hold a wound together as strongly as stitches, they work nicely for small and superficial (not deep) cuts. Steri-Strips have the advantage of near-painless application, and actually leave less scar than stitches.

### MEASURES YOU SHOULD TAKE TO HELP TREAT YOUR CUT:

1. Keep the wound area clean.
2. Keep the wound dry for 48 hours; a plastic bag or piece of plastic glove can be taped over the wound while showering. After 48 hours, the wound can get wet during everyday cleaning activities (showering, handwashing), but otherwise keep the wound dry.
3. If the edges of the Steri-Strips begin to come loose, trim the free ends with a pair of scissors. Do not pull on the loose edges of the strips, as the cut could reopen.
4. If signs of infection appear, return to the Student Health Center or see another medical provider *promptly*. Signs of infection include: pus, increasing redness/swelling/ pain around the cut, and red streaks spreading from the cut into surrounding normal skin. Fever and chills can also occur if infection worsens.
5. If the Steri-Strips are still in place after 12 days, they can be removed by soaking them with 1/2 peroxide and 1/2 water, then gently lifting them off. Again, do not pull hard on the strips to remove them.