

## How to Take Staples out After Healing from Surgery



Staples can safely be removed 10 or more days after surgery, with your doctor's consent.

With a staple remover, they lift right out.

Place the double blade under the staple, one at a time, and squeeze the handle.

This will flex the staple into a shape that will allow them to easily be removed.



This is how staples look after removal.

