

Care for a stitched wound

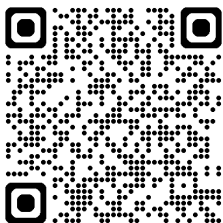


Dermatology Service

Looking after your wound following skin surgery

Telephone: 0117 9449 783

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Care of stitched wound

You have _____stitch(es) to stay in place for _____ days.

The initial dressing should be left in place for 24-48hrs, unless you have been advised otherwise. (if a pressure dressing has also been applied, this should be carefully removed after 24hrs, unless advised otherwise, taking care not to disturb the dressing underneath)

- You should then wash the area under the shower, soak it, or pour warm water over it. This will then help to remove any loose debris under which infection can occur
- A cotton bud may be used to gently remove adherent crust
- Use mild shampoo to clean the scalp
- Pat the area dry and cover with a thin smear of fresh vaseline or an ointment that the doctor has given you
- A dry dressing may be applied, but it is not essential
- Do not apply make up over the wound until it has healed
- Avoid bumping or stretching the wound after the stitches have been removed, the area will be weak for some time

Remember

- If the wound is painful after anaesthetic has worn off, you should take a mild painkiller
- If the wound continues to ooze or bleed, press firmly on the area for 20 minutes with a clean dressing and the bleeding will stop. Do not dab or keep looking at the wound. If on the leg, raise the limb. If the bleeding continues, contact your GP or call NHS 111

Do:

- If the wound is on the face, use extra pillows to sleep more upright, which helps clear swelling and bruising
- Change a dressing if it gets wet or dirty. A wet dressing will promote infection.
- If the wound is on your leg, keep your leg up whenever possible and avoid prolonged periods of standing, long walks, or sports until the scab has come off leaving a healed wound
- If you are given a tubigrip it must be taken off at night because it can cause swelling. Reapply tubigrip the next morning

Don't:

- Undertake too much activity or dirty work too soon. An infected or stretched wound will take longer to heal and may give you a larger scar
- If the wound is on the face, don't stoop or strain (including on the toilet) as it may be tender
- If the wound takes more time than three weeks to heal, becomes increasingly red and tender or leaks pus, contact your GP or Practice Nurse

Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website](#)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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