

Care for a stitched wound



Dermatology Service

Looking after your wound following skin surgery

Telephone: 0117 9449 783

Email: sirona.dermatology@nhs.net

After Skin Surgery:

This information sheet provides instructions on caring for your stitched wound after skin surgery.

Contact Us:

- For questions, call the Dermatology Service at 0117 9449 783.
- You can also email us at sirona.dermatology@nhs.net.

Number of Stitches and Removal:

- You have [**number of stitches**] stitches that will stay in place for [**number of days**] days.

Wound Dressing:

- The initial dressing should stay on for 24-48 hours unless instructed otherwise.
- If you have a pressure dressing, remove it carefully after 24 hours (unless instructed otherwise). Be gentle to avoid disturbing the dressing underneath.

Cleaning Your Wound:

- After 24-48 hours, you can clean the wound by showering, soaking, or gently pouring warm water over it. This removes loose debris that can cause infection.
- Use a cotton bud to carefully remove any crust around the wound.
- If the wound is on your scalp, use mild shampoo to clean it.
- Pat the area dry and apply a thin layer of fresh petroleum jelly (Vaseline) or an ointment prescribed by your doctor.
- A dry dressing is optional.
- Do not wear makeup over the wound until it heals completely.

Wound Care:

- Avoid bumping or stretching the wound, especially after stitch removal. The area will be weak for some time.
- If the wound is painful after the anesthetic wears off, take a mild painkiller.
- If the wound bleeds continuously, press firmly on the area for 20 minutes with a clean dressing. Do not dab or keep checking the wound. Elevate your leg if it's bleeding.
- If bleeding continues, contact your GP or call NHS 111.

Sleeping:

- If the wound is on your face, use extra pillows to sleep upright. This helps reduce swelling and bruising.

Dressing Changes:

- Change the dressing if it gets wet or dirty. A wet dressing can cause infection.

Wound on Leg:

- Elevate your leg whenever possible and avoid prolonged standing, long walks, or sports until the scab falls off, revealing a healed wound.
- If you have a support stocking (Tubigrip), remove it at night to prevent swelling. Put it back on in the morning.

Activity:

- Avoid strenuous activity or dirty work too soon. An infected or stretched wound takes longer to heal and may leave a larger scar.
- If the wound is on your face, avoid stooping or straining (including on the toilet) because it may be tender.

Signs of Infection:

- If the wound takes more 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.

This document can be provided in other formats and languages, please contact us for more information.

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