

## Suture Wound Advice

Nurse name:

Dr:

Date:

### PATIENT INFORMATION:

#### The following type of sutures were used today:

Your stitches need to be removed in  days. Please contact your practice nurse to arrange an appointment.

Your stitches are dissolvable, do not need to be removed and can take several weeks to dissolve.

If you have any issues with your wound and wish to speak to one of our nursing team, please contact our service first on 01903703275.

### GENERAL WOUND ADVICE:

#### ➤ WOUND CARE

It is important to rest for 48 hours following skin surgery to minimise complications. Avoid activities like shopping, cycling, and dog walking. **You should remove the dressing, including any Steri-strips in  days.** After removing the dressing, clean the area with warm water and cotton ear buds. Remove any crusts and apply Vaseline to keep the skin moist. This may be repeated once or twice daily to help produce the best cosmetic result.

#### ➤ PAIN

Take Paracetamol if your wound is painful. If this fails to ease the pain, try taking some Ibuprofen. ***If possible, avoid taking Aspirin as this can increase the risk to bleeding.***

➤ **BLEEDING**

It is normal to expect some oozing of blood from the wound. If bleeding occurs, apply constant pressure for 15 minutes. It should eventually stop. It is also extremely important that you rest as this will help to keep your blood pressure down to reduce the risk of bruising.

➤ **INFECTION**

Infection can complicate any operation and usually appears 2-7 days after the procedure. You may notice increasing pain, redness, and swelling. Occasionally, yellow pus may discharge from the wound edge. If infection occurs, see your GP for a prescription for some antibiotics.

➤ **INTERNAL STITCHES**

Internal stitches may be used to hold the skin edges together. They usually dissolve in the first few weeks following surgery but can occasionally take up to 4-6 months. They can sometimes cause a small blood blister or a nonhealing area of the wound. Your practice nurse can normally remove the stitch by exploring the wound edge and snip out the internal stitch.

➤ **AFTER SUTURE REMOVAL / DISSOLVING**

Wound strength takes 4-6 weeks to develop and up to 12 months to fully heal. It is important to avoid strenuous exercise for 6 weeks after your operation to make sure that the wound does not break open and to improve the final scar. This is extremely important for wounds on the legs, arms and upper back/chest. You may wish to apply Micropore tape for 8 weeks to support the wound. It may also be helpful to massage the wound for several minutes once daily after stitch removal, increasing to a firm pressure after 2 weeks. Use a moisturiser such as E45 or Vaseline Intensive Care Lotion.