

SUB-CUTICULAR WOUND ADVICE

PROCEDURE INFORMATION

A sub-cuticular stitch is a dissolvable stitch that runs along the wound edges underneath the skin. There is a knot at each end of the suture and these require removal. The suture should be left in place.

Gently lift up the knot at each end and pull until you see some suture thread. Snip off the knot leaving the suture in place along the wound. Remove both knots at either end. Occasionally, the knot may bury itself. Simply look at the ends of the wound and pull out the knot with forceps. Snip it off flush with the skin at both ends. Please telephone the clinic if you have any unexpected problems.

This patient has sub-cuticular stitches in place that require KNOT removal on:

This patient has sub-cuticular stitches in place does not require suture removal:

PATIENT INFORMATION

Please make an appointment to have your stitches removed on the above date.

GENERAL WOUND ADVICE

▪ WOUND CARE

Rest after your operation for 48 hours unless instructed otherwise by the doctor/nurse. Exercise should be avoided including activities like shopping, cycling, and dog walking. Keep your dressings in place for 48 hours and keep the wound dry during this time. After this time, you may wish to remove your dressings and clean the wound edges. Use a cotton ear bud and warm water to remove any crusting/scaling along the wound edge. Apply Vaseline to keep the wound 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 Brufen (Ibuprofen). Avoid Aspirin as this can increase the risk of bleeding.

▪ BLEEDING

It is normal to expect some oozing of blood from the wound. Apply pressure constantly if bleeding develops for at least 15 minutes and repeat this if necessary. It should eventually stop. It is extremely important that you rest completely if bleeding occurs as this will help to keep your blood pressure down.

▪ INFECTION

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

▪ INTERNAL STITCHES

Occasionally, internal stitches may pop out of the wound edge 2-3 weeks after the operation. Simply lift up the end of the stitch and cut it flush with the wound.

AFTER SUTURE REMOVAL

Wound strength takes 4-6 weeks to develop and up to 18 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. You may wish to apply Micropore Tape for 4 weeks to support the wound.