

## SUTURE WOUND ADVICE AND REMOVAL

This patient has stitches in place that require removal on:

### 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. Avoid activities like shopping, cycling, and dog walking. Keep your dressings in place 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. *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.

#### ▪ 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

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. This is extremely important for wounds on the legs, arms and upper back/chest. You may wish to apply Micropore tape for 4 weeks to support the wound. It may also be helpful to massage the wound for several minutes once daily after stitch removal. Use a moisturiser such as E45 or Vaseline Intensive Care Lotion.