

# Wound Care

## General information for wound care

Because there are different types of wounds, we have different ways to treat them. Your wound may have been closed with:

### **Steri-strips**

These are sometimes referred to as paper stitches. These can be taken off in 7 – 10 days although they often fall off after around this time. To remove them you can dampen the steri-strips for a few minutes and carefully remove them

### **Glue**

This is special medical glue that will drop off of its own accord when the wound is healed.

### **Do...**

- Keep the wound clean and dry for at least 5 days
- Leave any dressings on for 2 days

### **Do not...**

- Cover the wound with anything waterproof unless the doctor or nurse tells you to. This can sometimes make the wound soggy and likely to get infected.
- Pick scabs that form on the wound

### **Danger signals and what to do**

Please call us if you experience any of the below:

- If any fluid comes from the wound
- The wound becomes painful, red or swollen
- Your wound re-opens

Please remember:

It may take up to 6 months or more for the redness of the scar to fade. Itching is common while healing. Moisturiser such as E45 may help