



**The Leeds
Teaching Hospitals**
NHS Trust

Wound Care

Information for patients

Your wound may have been dressed for protection or to stop any further bleeding. We ask that you keep it clean and dry as this will encourage healing and help prevent infection.

To assist the healing process, we recommend that you:

- Keep your wound clean and dry
- Rest the injury as much as possible
- Do not put any strain or stretch on the wound
- Keep the affected area elevated to keep pain and swelling to a minimum. Your arm may have been placed in a sling or you can rest it on the opposite shoulder; feet can be kept up on a stool

If you notice any unusual swelling, pain, redness or heat around your wound; or if you develop a fever, please do not hesitate to contact us.

Steri-strips

The skin closures which have been applied to your wound are made of a material which will hold your wound together whilst it heals. If they become wet they will peel off.

To help with the healing process, please make sure your wound is kept dry for seven days, after which the steri-strips can be removed by gently peeling or soaking off.

Skin glue

- The skin glue has been applied to close your wound. It will have the appearance of a dry scab.
- You should not rub, scratch or pick at the wound.
- The glue is waterproof but should be not be soaked. If the wound becomes wet, pat or dab it dry - do not rub dry.
- Don't apply barrier creams, petroleum jelly or mineral oils to your wound as this may stop the wound closing and healing.
- The skin glue will naturally fall off completely between 5-10 days after the procedure. By this time, your wound should be sufficiently healed.

Absorbable sutures

The sutures used in your wound are made from a material which is absorbed naturally by the body; therefore, they do not need to be removed

- They will usually start to absorb between 5-10 days after insertion.
- If the knot causes any discomfort, it can easily be trimmed off. This is something that can be done by the practice nurse at your GP surgery.
- Keep the wound dry for seven days after the sutures have been put in.

Non-absorbable sutures

- These sutures need to be formally removed. This can be done at a GP surgery by the practice nurse or at a walk-in centre.
- Your sutures should be removed after.....days.

If your wound opens up again at any point, please return to the department



What did you think of your care?

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