

Patient label here

**Action:**

**Appointment**

Time: \_\_\_\_\_

Date: \_\_\_\_\_

With: \_\_\_\_\_

**Sutured Wound Care**

- Leave the original dressing dry and in place for 3 days
- You may shower but cover the dressing with plastic or a temporary waterproof dressing
- After 3 days, follow these steps:
  1. Remove the dressing – soak dressing off in shower
  2. Wash gently as normal or bathe with saline solution (salty water)
  3. Allow to dry
  4. Apply a thin layer of Vaseline over sutures to keep moist
  5. If exposed to a dirty/dusty environment cover wound with a dry, non-stick dressing
  6. Repeat steps 1-5 morning and night until removal of sutures

**Bleeding**

- If Bleeding occurs, apply firm pressure to the area for 30 minutes
- Stay still
- If persists, call the surgery

**Pain relief**

Do **Not** take (unless prescribed by your Doctor) - Anti inflammatory medications  
- Aspirin

Do take - Paracetamol or codeine based medication (as directed)

**Infection**

If any signs of infection occur such as;

- Increasing redness
- Increased Pain
- Hot to touch
- Oozing

Please contact the surgery as soon as possible.

**If any problems occur please contact the surgery and speak with one of the nurses.**