

# Aftercare advice following stitch removal

 **Information for patients**  
Dermatology



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



## **Why have I been given this leaflet?**

You have been given this leaflet because the skin stitches from your wound have now been removed. This leaflet will advise you on how to care for your wound.

There may be stitches under the surface of your wound which will slowly be absorbed. Until they have dissolved, the wound / scar may feel lumpy. This may take up to 3 months.

## **What can I do?**

Treat the area gently, and continue care as advised by the nurse / doctor.

Before you touch or clean your wound, make sure your hands are very clean.

Using warm tap water, gently bathe the wound twice a day. Pat the wound rather than rubbing.

Avoid any activity that may stretch the wound.

Do not apply any other preparation to the wound, unless advised to do so.

## **Do I need any further treatment?**

Apply Chloramphenical ointment to the wound using cotton wool buds, if prescribed, for ..... days, or apply Vaseline if there is any crusting, flaking or dryness to the wound.

You do not need to apply a dressing to the wound unless advised to do so.

## **Can I wear make up?**

Do not use any make up on the area until the wound has completely healed.

## **Is there anything else I should avoid?**

It is important to avoid sunlight on the wound / scar as it may darken it.

## **What happens next?**

As discussed with you by the doctor, the pathology report will be sent to you by post, or you will be seen in clinic to discuss your results.

## **Is there anything I should look out for when I get home?**

You should look out for:

- increasing pain at the wound site
- redness
- swelling
- discharge from the wound

If you experience these symptoms it may be a sign of infection.

## **Who should I contact if I have any concerns?**

If you are worried about your wound / scar, or think an infection may be developing please contact us.

We have a telephone helpline service: **0114 271 2018**

This is a 24 hour answering machine, which is checked several times a day (Mon - Fri, 8.00am - 5.30pm).

Outside of these hours, please use the Emergency GP services, NHS Walk-in Centre or Accident and Emergency. They will be able to contact the On Call Dermatology Service for advice.



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