

**Patient  
Information**

# Wound care advice for patients

## Introduction

This leaflet is for people who have received treatment for a variety of different wounds such as a cut, graze or scrape. It is not intended for patients who have had an operation.

## Wound care

Your wound has been treated by one or more of the following:

- Suturing (stitches)
- Staples (clips)
- Adhesive wound closure strips
- Medical glue (super glue)

All wounds should be kept clean and dry while healing is taking place. Do not cover the wound with waterproof fingerstalls or plastic gloves.

All wounds heal in time but following the advice in this leaflet will help to reduce infections.

If your wound re-opens please return to the department or make an appointment to see the practice nurse at your GP's surgery.

## Stitches

You have \_\_\_\_\_ stitches in your wound.

These should be removed in \_\_\_\_\_ days.

The stitches will usually be removed by your GP or practice nurse. You are responsible for making the necessary appointment.

Reference No.

**GHPI0767\_03\_21**

Department

**Emergency**

Review due

**March 2024**

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## Staples

You have \_\_\_\_\_ staples in your wound.

They should be removed in \_\_\_\_\_ days.

As with stitches, removal of the staples should be arranged with your GP or practice nurse.

If the staples are in your scalp - only wash your hair once during this period. Please rinse your hair thoroughly.

Take care when brushing your hair as the staples may be tugged.

## Adhesive wound closure strips

These can be removed after \_\_\_\_\_ days.

Lightly dampen the strips and carefully peel them off. You can do this at home or make an appointment with the practice nurse at your GP's surgery.

## Glue

Glue does not need to be removed. Just like a scab, it will fall off. Do not pick the scab. Warm water will help lift any remaining glue from the healed wound.

## Contact information

If you find that your wound is becoming red, sticky or smelly, or increasingly painful you should contact your GP or NHS 111 for advice.

### **NHS 111**

Tel: 111

## Further information

NHS Choices

Website: [www.nhs.uk/symptomchecker/wounds](http://www.nhs.uk/symptomchecker/wounds)

Content reviewed: March 2021