



Southport and
Ormskirk Hospital
NHS Trust

PATIENT INFORMATION

Wound Care

Accident & Emergency Department

This leaflet advises you how you should care for your wound.

Wounds heal by;

First Closure (primary closure) - the wound edges are brought together by paper stitches, glue, stitches or staples. . Most wounds in the Emergency Department are treated this way.

Delayed Closure - the wound may be closed 3 or more days after with sutures or staples. This may be used if a wound is 24 hours old or is contaminated.

Second Closure (secondary closure) – some wounds are left to heal by themselves - for example some trauma or burns, wounds older than 12-24 hours or wounds not suitable for First Closure.

The aim of wound closure is to prevent infection, to help skin repair, and minimise scar formation

Paper stitches - Steristrips

These are sticky strips. You can remove them yourself in 5-7 days. You can moisten the steristrips with warm water to remove them, this makes it easier.

Your wound may need to be reviewed in a local clinic. Your doctor/nurse will advise you.

Glue

Medical glue does not need to be removed. It will form a scab that will fall off in approximately 10 days when the wound is healed.

Sutures - stitches

Your doctor/nurse will tell you when your stitches need to be removed. Please do not remove the stitches yourself.

Please arrange with a local clinic for removal of sutures in _____ days.

Number of sutures _____ Size _____ Type _____

Staples

Your doctor/nurse will tell you when your staples need to be removed. Please do not remove the staples by yourself.

Please arrange for removal of staples in _____ days.

Number of staples _____

Wound Care

Most wounds need to be kept clean and dry and covered with a dressing for 5-7 days.

If your wound has paper stitches, glue or sutures it must be kept clean and dry. Avoid showering/bathing the wound area for 5 days; this is to help the wound heal.

Your doctor/ nurse can advise you about showering/bathing and dressing changes.

Waterproof coverings over your dressing need removing after your bath or shower.

Risk of Infection

Most wounds heal without the need for antibiotics.

Wounds caused by animals have a high risk of infection and antibiotics are needed.

Wounds sustained in very dirty environments such as sewers and drains may need antibiotics also.

Some people are more at risk from wound infection:

If you smoke

Have diabetes

Medical conditions that lower the immune system

Other conditions that affect the skin

Concerns

If your wound is hot or develops:

- Redness
- Swelling
- Increased pain
- Discharge

or if you feel unwell, this may be an infection. Please seek advice.

Also seek advice regarding dressing concerns/other concerns from:

Emergency Department
NHS 111
Local Walk in Clinic

General Advice

You may need some pain relief such as paracetamol.

Rest/elevation of the wound may help.

Most wounds will heal within 2-3 weeks, some take longer.

Always protect your new scar with factor 50 sunblock on sunny days.

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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FOR APPOINTMENTS

Telephone (01695) 656680
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Please remember to complete the **attached** *Friends and Family Test*.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:
southportandormskirk.nhs.uk/FFT

Thank you

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