



Southport and
Ormskirk Hospital
NHS Trust

ADVICE FOR PARENTS

Suture Instructions

Paediatric A&E

We have closed your wound with stitches (some people call these sutures). Sutures (stitches) are made from silk or nylon. They hold the skin together.

You should:

- Keep them clean and dry for 5 days. If they do get wet, gently pat them dry with a towel.
- Protect the wound from the sun.
- If you have a dressing, take the dressing off after 24 hours, unless told otherwise.
- Avoid contact sports.
- Do not go swimming until after your stitches have been removed and the wound is healed.
- Do not pick any scabs or dressings from the wound area.

PLEASE RETURN TO THE ACCIDENT & EMERGENCY DEPARTMENT IF:

- You get a lot of swelling.
- You are in pain despite regular Paracetamol and Ibuprofen.
- The edges of the wound don't heal.
- The wound oozes or leaks.
- You get progressive redness.
- You feel generally unwell.

PLEASE REMEMBER:

The stitches need to stay in for about a 5-10 days. You might have to come back so that we can take them out or you might have to go to your doctor; but don't worry, we use special stitch remover.

Stitches to your head are usually removed in 5 days.
Stitches over your joints are usually removed in 10 days.
Some stitches are designed to dissolve gradually.

We will tell you what type of stitches you have and when they will need to be removed.

Suture type

Number

Removal in days

We hope that your wound will soon be better.

A&E Telephone: 01695 656674

NHS 111

Please retain this leaflet for future reference

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

Southport and Ormskirk Hospital NHS Trust

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FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

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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