

## **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**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto: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](http://southportandormskirk.nhs.uk/FFT)

**Thank you**

Author: Linda Connolly

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