

If you require further advice  
or are not sure then  
Please contact your GP  
or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

# Stitches and Steri-strips

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتيسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Stitches

You have had \_\_\_\_\_ stitches inserted.

The dressing should remain in place for \_\_\_\_\_ days.

Your stitches should be removed in \_\_\_\_\_ days.

Suture removal can be arranged via your local Treatment Room Service. These are usually based at the Walk-in Centre.

You should receive a referral letter with the appropriate number at the top of your letter to arrange an appointment for review of your wound.

## Steri-strips

Your wound has been repaired with steri-strips (sometimes known as butterflies).

Please keep the wound clean and dry as this will assist the healing process.

Your steri-strips will need removing in \_\_\_\_\_ days.

Some patients are told they can remove their own steri-strips.

If this applies to you then remove by soaking with clean water and peeling off from outside to centre of the wound.

Some wounds closed with steri-strips need further review to check that healing is adequate.

This will be done at your local Treatment Room Service. These are usually based at the Walk-in Centre.

You should receive a referral letter with the appropriate number at the top of your letter to arrange an appointment for review of your wound.

## Scar Advice

You are likely to be left with a scar.

2 weeks after the wound has healed, gentle scar massage will help break down the scar tissue and reduce long term scarring.

Scars can take a year or more to fully heal.

### Seeking Further Help

If you have worries about the cut or:

- It becomes red or swollen.
- There is pus or blood coming out of the wound.
- The wound opens up again.
- The wound becomes very painful.

Please return for further assessment.

