



Wound Self-Care Advice

Steri-strips (butterfly stitches)

- Keep the area clean and dry for at least 5 to 7 days
- After this time you can soak the steri-strips off
- Do not pull them off dry as you can risk re-opening the wound

Skin glue

- Avoid touching the glue for 24 hours
- Try to keep the wound dry for the first 5 days
- Showers are preferable to baths to avoid soaking the wound
- Use a shower cap if the wound is on your head - you should be able to wash your hair after 5 days
- Pat the wound dry if it gets wet – don't rub it
- The glue usually peels off in 5 to 7 days
- The scar should fade within about 6 months



Wound Self-Care Advice

Signs a wound has become infected include:

- Swelling, redness and increasing pain in the affected area
- Pus forming in or around the wound
- Feeling generally unwell
- A high temperature (fever) of 38°C or above
- Swollen glands under your chin or in your neck, armpits or groin

If these signs occur contact your GP or practice nurse for advice, or go to an NHS walk-in centre. An infected wound can usually be successfully treated with a short course of antibiotics.

Alternative formats: If you would like a copy of this information in large print, another language, audio tape or other format please call the contact centre 0344 811 8118.

For general wound care advice you can call 111 (open 24hrs)
or visit: www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments