



Northumbria Healthcare
NHS Foundation Trust

Wound closure

Discharge information for patients

Issued by urgent care centre/minor injury unit

You will be advised to take painkillers, if required, such as Paracetamol and Ibuprofen (please inform the clinician if you are unable to take these).

This leaflet is to give you information on your wound care after you are discharged.

You have sustained minor wound which has been closed in one of the following ways:

1) No closure/dressing applied:

- Keep the dressing clean and dry.
- You will be advised by the clinician on when to have the dressing removed/changed.

2) Tissue glue

- Used to form an artificial scab over the wound/bring edges of wound together/stop bleeding.
- Needs to stay in place for 5-7 days. The glue will expand with the healing skin and fall off naturally.
- Do not pick/scratch the glue as the wound may re-open.
- You do not need to keep the wound covered but a dry dressing may prevent the wound from rubbing on clothing and from children picking/scratching
- Keep area clean and dry until glue falls off. Can be exposed to occasional contact with water i.e. shower, washing but not soak for long periods of time/no swimming/no scrubbing wound site.

3) Steri-strips

- Should be left in place for 5 days (unless otherwise instructed).
- Keep the area clean and dry (if they become wet they will peel off).
- A dry dressing may be applied to protect the steri-strips from coming loose/peeling off.
- Do not remove steri-strips to look at the wound.
- To remove steri-strips – moisten with warm water and gently peel off.

4) Sutures:

- A dry dressing may be applied for the first 24 hours.
- Keep area dry for the first 24 hours.
- Keep the area around the sutures clean and dry until they are removed.
- Keep covered with a dry dressing whilst at work/in any dirty environment.
- You can bath and shower but do not soak for long periods of time.
- You will be advised by the clinician when to have your sutures removed – you will need to make an appointment with your GP/Practice nurse to have this done.

5) Staples:

- The wound does not need to be covered by a dressing (head wounds).
- Keep dry for the first 24 hours.
- You can bath and shower – pat the area dry with a towel.
- If the staples are in a head wound please be cautious when combing hair (staples can be pulled out accidentally)
- You will be advised by the clinician when to have the staples removed – you will need to make an appointment with the GP/Practice Nurse to have this done.
- The staple remover will be supplied for you to take with you (please give to the clinician when you attend your appointment).

If the clinician feels you need to be re-assessed an appointment will be given for you to attend either a soft tissue clinic or other primary care setting.

Further Information

You must see your own GP/urgent care centre/ ring NHS 111 if you experience any of the following:

- Dressing becomes heavily soiled.
- Offensive smell/discharge coming from the wound.
- Any increased pain/swelling/redness/heat around the wound.
- You feel unwell and/or develop a high temperature.

Contact numbers

The following numbers are direct lines to our urgent care centres/ minor injury units.

Alnwick Infirmary 01665626727

Berwick Infirmary 01289356605

Hexham General Hospital 01434655388

North Tyneside General Hospital 01912932515

Wansbeck General Hospital 01670529552

Notes



Notes



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 on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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