

If you require further advice  
or are not sure then please  
contact your GP or phone  
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# Stitches and Steristrips

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in alternative languages / formats  
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*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać  
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w innych językach/formatach.

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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

## Steristrips

Your wound has been repaired with steristrips (sometimes known as butterflies)

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

Your steristrips will need removing in \_\_\_\_\_ days.

Some patients are told they can remove their own steristrips. 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 steristrips 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.