You have had ..........sutures to your ....................................(part of the body).

**What to expect**

We will give you local anaesthetic to numb the area of your injury. This will wear off between 30 minutes and a few hours later, when you might need to take painkillers. Sutures (thread stitches or metal clips) hold the edges of the wound together in a good position to make a good scar. They do not heal a wound or prevent a scar. The blood clot (scab) that forms on the wound is the first stage of the healing process and should not be cleaned or picked off. Pain, redness and swelling after 2-3 days can be a sign of infection.

**If your wound is on your face**, the sutures will often be left **uncovered**. On other areas of the body they are covered with a dressing to prevent clothing rubbing or dirt getting into the wound. Sometimes we might use dissolvable sutures, but we usually use stitches that need to be taken out.

**Suture removal** should not be painful although you might feel some mild discomfort. We will recommend a time for you to see your General Practitioner (GP) or Practice Nurse to have the sutures removed.

**Dos and Don’ts**

- **Do** keep the wound clean and dry.
- **Do** elevate (keep raised) the affected part.
- **Do** see your GP or Practice Nurse to have your sutures removed. Take this card with you.
- **Do** give the wound a few days rest after the suture removal. After this you can gently massage the area with Vaseline to soften the scar tissue.

- **Don’t** use antiseptic solution to clean off the blood clot.

**When to seek advice**

If your wound becomes more painful or you notice increasing redness or swelling contact your GP or return to the Emergency Department.

**Dear GP or Practice Nurse** - Could you kindly remove the sutures on / around.............(date).

Yours sincerely

Signature..................................Designation..................................

Print Name ...............................Date .............................................