

## Emergency Department Discharge Advice

### Wound Care

Your wound may have been treated by suturing (stitches), wound closure strips or medical glue. The method depends on the type of wound.

#### You should:

- Keep the wound dry – wash around it where possible for at least 5 days. If any dressing gets wet, it needs to be removed immediately, the area dried and clean dressings applied

#### Do not:

- Cover with waterproof fingerstalls, rubber gloves, plastic bags etc., as this will make the wound soggy and prone to infection
- Pick at it

#### Stitches

Sutures should be removed in about 5-10 days – the doctor or nurse will advise on this. The sutures will usually be removed by your GP or practice nurse. You are responsible for making the appointment.

Do not attempt to remove the stitches yourself.

#### Skin Glue

Medical glue acts like a scab to hold the edges of the wound together. It does not need to be removed as the glue drops off by itself when the wound is healed.

If the glue is in your head you should not wash your hair for 5 days. You can clean the hair around the wound with a sponge. Do not comb near your wound for 5 days.

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## You should see your GP

If you experience any of the following you should see your GP:

- Redness that goes beyond the basic edge of the wound or it becomes warm to touch
- Any unusual discharge or smell from the wound
- You develop a temperature
- Stitches come out sooner than expected or the wound starts to open

Dear Practice Nurse

This patient attended the Emergency Department today with the following wound:

.....

The treatment consisted of (please circle):

Suture    Steristrips    Glue    Dressing    Other: .....

Details:

.....  
.....  
.....

Number of stitches to be removed: .....

Please review/assess wound healing with reference to follow-up required.

Many thanks

Signed: .....