

**Patient
Information**

Wound care advice

Introduction

This leaflet is for people who have received treatment for a variety of different wounds, such as cuts, grazes or scrapes. It is not intended for patients who have had an operation.

Wound care

Your wound has been treated with one or more of the following:

- Suturing (stitches)
- Staples (clips)
- Adhesive wound closure strips
- Medical glue (super glue)

All wounds should be kept clean and dry while healing is taking place. Do not cover the wound with waterproof fingerstalls or plastic gloves.

All wounds heal in time but following the advice in this leaflet will reduce the healing time and help to prevent infections.

If your wound re-opens, please return to the department or make an appointment to see the practice nurse at your GP's surgery.

Stitches

You have _____ stitches in your wound.
These should be removed in _____ days.

The stitches will usually be removed by the practice nurse at your GP's surgery. You are responsible for making the necessary appointment.

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Department

Emergency

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Staples

You have _____ staples in your wound.

These should be removed in _____ days.

As with stitches, removal of the staples should be arranged with the practice nurse at your GP's surgery. When you leave the Emergency Department you will be provided with a staple remover which you will need to give the practise nurse.

If the staples are in your scalp - only wash your hair once during this period. Make sure that you rinse the shampoo from your hair thoroughly.

Take care when brushing your hair as you may tug the staples.

Adhesive wound closure strips

These can be removed after _____ days.

Lightly dampen the wound closure strips then carefully peel them off. You can do this at home or if you prefer, make an appointment with the practice nurse at your GP's surgery.

Glue

Glue does not need to be removed. Just like a scab, it will fall off. Do not pick the scab. Warm water will help lift any remaining glue from the healed wound.

Contact information

If you find that your wound is becoming red, sticky or smelly, or increasingly painful you should contact your GP or NHS 111 for advice.

NHS 111

Tel: 111

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Further information

NHS UK

Website: www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/how-do-i-care-for-a-wound-treated-with-skin-glue/

If you suffer any cuts and grazes in the future, the following website gives you information about how you can treat at home and when to seek professional help:

www.nhs.uk/conditions/cuts-and-grazes/

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85.



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>