

Discharge Information: Suture Care

This information sheet aims to answer any questions you may have about your care after discharge.

Keep the wound clean and dry

It is important to keep your wound dry, especially for the first 24 hours.

After the first 24 hours, unless you have been given other instructions, you can wet the wound for a short time, for example in the shower. Pat the wound dry immediately after it gets wet.

Do not soak the wound or swim until the sutures have been removed.

Keep the wound clean

Keep your wound clean and dirt free. Avoid any activities that may put strain on the area that has been sutured. This could lead to sutures coming apart.

Leave the dressing in place for day(s)

Extra dressing instructions (if applicable):

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Pain relief

Simple medication such as paracetamol or ibuprofen is effective in reducing pain from simple wounds. Always follow the manufacturer's instructions on the bottle/box for dosing.

Signs of infection

In most cases antibiotics are not required. Thorough wound cleaning prior to closure has been shown to reduce the risk of infection.

If you develop any signs of infection contact your GP/return to the Emergency Department (cross out the non-applicable). Signs of infections are redness, swelling, increased pain, excessive or persistent ooze, pus or smelly discharge or fever within 48 hours of suturing.

Removal of sutures

Please contact your GP surgery to book an appointment to have your sutures removed by your GP or practice nurse.

Sutures should be removed in days

The healing process and scar reduction

It is normal for the scar to be red/pink in colour initially. This will fade over 2-3 months. Whilst the scar is pink, massaging it with a simple moisturiser can minimise the appearance of the scar further. Reduce exposure to UV light during the first 3-4 months as this can permanently darken the scar.

If you have any concerns relating to your wound please contact your GP, the Emergency Department or phone Health Direct on 1800 022 222.

For more information

Emergency Department
Flinders Medical Centre
Flinders Drive
Bedford Park SA 5042

Telephone: 08 8204 5042
www.sahealth.sa.gov.au

Emergency Department
Noarlunga Hospital
Alexander Kelly Drive
Noarlunga Centre SA 5168

Telephone: (08) 8384 9288

If you require this information in an alternative language or format please contact SA Health on the details provided and they will make every effort to assist you.



This document has been reviewed and endorsed by consumers.

