



CARING FOR SUTURED WOUNDS AT HOME

- Keep the wound clean.
- Replace the patch or bandage if it is heavily saturated, shifted off the wound, soaked, or soiled.
- Healing wounds remain delicate for weeks – avoid wearing tight clothes which rub against the wound. If necessary, protect the area of the wound with a bandage or a patch.
- The wound may be washed under lukewarm running water 72 hours after suturing or as instructed by the physician/nurse. Dry by dabbing, not rubbing!
- Cover the wound with a clean patch/bandage after washing. Smaller dry wounds may be left uncovered.
- In the event of developing pain, redness, or swelling in the area of the wound or in the event of a purulent secretion leaking from the wound, get in touch with your family physician or go to the emergency room of the nearest hospital as soon as possible.
- In order to have the sutures removed, please contact your **family physician**; the sutures are removed in days.
- Avoid wetting the wound on the day of removing the sutures and on the day after for the openings of the sutures to close properly. After that, you may go swimming, take a bath, or visit a sauna.

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This guideline for patients has been approved by the nursing quality committee of the North Estonia Medical Centre on 22 March 2017.



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