



# Wound Care Information Sheet

## Dissolving Suture

### Wound Care Instructions

- Leave the original waterproof dressing in place for 2 days
- Ensure hands are clean before attending to wound care
- After 2 days follow these steps:
  1. Remove the waterproof dressing.
  2. Leave steri - strips over the wound site until they wash off Or if they are curling up on the edges, remove gently.
  3. Wash gently with normal saline over the steri- strips.
  4. Allow to dry.
  5. Repeat steps 1-5 morning and night for two weeks or until wound review.

### Appointment/s

Action: \_\_\_\_\_ Action: \_\_\_\_\_  
 Time: \_\_\_\_\_ Time: \_\_\_\_\_  
 Date: \_\_\_\_\_ Date: \_\_\_\_\_  
 With: \_\_\_\_\_ With: \_\_\_\_\_

### If Bleeding occurs:

- Elevate the affected area if possible, sit or lay still.
- Apply continuous firm pressure to the area for 30 minutes.
- If bleeding continues, contact the surgery on the number below.

### Signs of infection to look out for:

- Increasing redness
- Increased pain
- Hot to touch
- Oozing

**Pain relief:** If pain occurs, take regular paracetamol as directed by doctor or pharmacist. If your pain continues, take a stronger form of pain relief. Please avoid Neurofen (Ibuprofen), other anti-inflammatory medication and aspirin for the first 24 hours, unless directed by your doctor.

**Note:** If surgery was performed on your face, swelling and bruising can occur to your eyes and other areas of the face.

**Note:** Because of the dissolving sutures used, the wound can be elevated. This will flatten within 1-2 months, no need to be concerned. You can massage the area after 2 weeks to encourage the wound to flatten.

**Note:** If you notice a suture has come through the wound during the healing process, please contact the nurses.

### Frequently used dressings/Wound care items:

- Dry NON STICK dressing pads
- Fixomull/Hyper fix (white meshed adhesive dressing)
- Micropore (skin colour tape)
- Allewyn (pink in colour used on donor sites)
- Jelonet (white soft paraffin impregnated gauze)
- Vaseline (white soft paraffin)
- Sterile Normal Saline (0.9% Sodium Chloride)
- Cotton tip applicators (4-6 per dressing change)
- Steri strips (used post removal of stitches)

If you have any queries or concerns please contact the SELECTED surgery below and speak with a nurse.

- Oxford Dermatology - Mt hawthorn: (08) 6140 1000 (#2 for Nurses) Email: Nurses@oxforddermatology.com.au
- Oxford Dermatology - Bunbury: (08) 6140 1080 Email: Bunbournurses@oxforddermatology.com.au
- Karrinyup Dermatology: (08) 9245 3376 (Please call Karrinyup Dermatology to make your appointment)
- Oxford Day Surgery: (08) 6147 2600

Nurse: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_