Wound Care Sutured

Wound care instructions

- Leave the original dressing dry and in place for 3 days
- You may shower but cover the dressing with plastic or a temporary waterproof dressing
- Ensure hands are washed thoroughly with soap and water before attending wound care
- After 3 days, follow these steps:

1. Remove the dressing – soak dressing off in the shower if required.
2. Clean with sterile saline solution (0.9% Sodium Chloride)
3. Allow to dry
4. Apply a thin layer of Vaseline over sutures to keep moist
5. If exposed to a dirty/dusty environment cover wound with a dry, non-stick dressing
6. Repeat steps 1-5 morning and night until removal of sutures

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, please contact the selected surgery below.

Signs of infection to look out for:

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

Frequently used dressings/Wound care items:

- Dry NON STICK dressing pads
- Fixomull/Hyper fix (white meshed adhesive dressing)
- Micropore (skin colour tape)
- Allevyn (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:** Bunburynurses@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:_____