

## CARING FOR SUTURED OR SURGICALLY STAPLED WOUND AT HOME

- Keep the wound clean.
- Replace the patch or bandage if it is shifted off the wound, soaked, or soiled.
- Healing wounds may remain tender and sore 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 the suturing or surgical stapling, or as instructed by the physician/nurse. Dry the wound by dabbing, not rubbing!
- Cover the wound with a clean patch/bandage after washing. In the case of a wound with only a few sutures/staples, or with the permission of the physician/nurse, you may leave the wound without band-aid/bandage.
- 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.
- Contact your **family nurse or physician** to remove the stitches or surgical staples. The stitches or staples will be removed ..... days after they are placed.
- Avoid getting the wound wet for 24 hours after sutures or surgical staples are removed to allow the wound to close. After that, you may go swimming, take a bath, or visit a sauna.

**North Estonia Medical Centre/ Põhja-Eesti Regionaalhaigla**

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This guideline for patients has been approved by the nursing quality committee of the North Estonia Medical Centre on 30 March 2023.