

Bangholm Medical Centre

Minor procedure care advice

Your stitches are due out on:

Local anaesthetic and pain relief

The effects of the local anaesthetic you were given will wear off in 1 to 2 hours. Unless the procedure was very simple, we advise you to take Paracetamol tablets for pain relief as soon as possible and follow the dosage instructions on the packet.

How to care for your wound

Please keep the wound dry for 48 hours at first keeping it covered with a breathable dressing. After 48 hours remove the dressing and leave the wound uncovered unless clothing irritates it. Once the dressing is removed the wound can get wet in the shower. Remove any dried up blood or crust with a wet cotton bud. Apply a soft paraffin (eg Vaseline) ointment to the wound two to three times daily.

What to avoid

Avoid swimming, heavy lifting and sports while your stitches are in. Take care for a few weeks after the stitches are removed, as the skin surrounding your wound site will take 6 to 8 weeks to regain its strength. Over-exercising in some cases could cause stretching of the wound site which will lead to scarring.

What to do if you experience problems with the wound

If the wound bleeds, press firmly with a clean tissue or swab for a full 10 minutes. This should stop the bleeding. If not, please telephone the Medical Centre on 552 7676 (Monday to Friday 8 am to 6 pm.) If you have a problem out-with these times contact NHS 24. If the wound is becoming increasingly inflamed (swollen), red, painful or discharging pus, then please telephone the Medical centre (Monday to Friday 8 am to 6 pm) or NHS 24 out with these times.

Any concerns or questions please contact the Medical Centre on
0131 552 7676