

# Discharge Advice **WOUNDS AND SUTURES**



## WOUNDS AND SUTURES

Your wounds have been taken care of, for the completion of healing and prevention of any complications, the following advice should be followed:

1. Follow up your clinic appointment this will be given to you by the Doctor or Nurse.
2. Remember to collect any prescribed medications from the Pharmacy and take as directed.
3. The dressing needs to be changed daily as recommended by the doctor at the Urgent Care Department.
4. If you have stitches, you will be given instructions on when they are to be removed.
5. Keep the area completely clean and dry and follow advise on how to maintain daily activities
6. Your wound has been cleaned. It is important to keep it covered. If the dressing is removed accidentally you must go to the Urgent Care Department to have a new dressing applied.
7. If possible, elevate the affected part of your body to reduce the swelling (oedema) to prevent complications.



8. Do not rub the area where the stitches are or try to stretch the skin around the wound, this can dislodge the stitches or reopen the wound and this may lead to complications.
9. Avoid putting pressure on the wound site.
10. Do not apply any compresses (cold/hot) on the wound, unless advised by the doctor.

### Pain relief

You can take a simple pain medicine such as Paracetamol to relief pain or as advised by the doctor.



### Return to the Urgent Care department if:

- You have a fever and chills.
- Your wound is red, warm, swollen, or leaking pus.
- There is a bad smell coming from your wound.
- You have increased pain in the wound area.
- You have questions or concerns about your condition or wound care.



## Contact us:

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