

WOUND CARE

PATIENT INFORMATION LEAFLET

Please take the time to read this leaflet and keep it in a safe place



YOUR WOUND will have been treated by the paramedic with either paper stitches, wound glue or an appropriate dressing. It is important that you look after your wound and the following advice will assist you.

DO

- Do keep your wound clean and dry
- Do apply a new dressing if the wound becomes uncovered or the dressing is wet
- Do check with your GP within the next 48 to 72 hours that your Tetanus cover is adequate
- Do keep an eye on how your wound is healing – see **WHEN TO GET HELP** below

DO NOT

- Do not pick or disturb the wound, the scab will come off once your wound has healed
- Do not allow it to become wet
- Do not cover with anything waterproof for more than a brief period e.g. to allow bathing or showering
- Do not stick a plaster on top of the wound – it could pull the glue or steri-strips off. If the paramedic thinks your wound needs a dressing, they'll tell you what to use and how to use it
- Do not put creams or lotions on your wound – these could make the skin glue or steri-strips come off too soon

STERI-STRIPS (paper stitches)

These work by holding the edges of the wound in place while it heals. They should be removed between five and seven days later, depending on the type and location of the wound.

This can be done at home by:

- Soaking the wound for about ten minutes in warm water
- Then carefully pull off the strips

WOUND GLUE

Keep the wound clean and dry for at least 5 days, this includes scalp / head wounds. After this time a scab will have formed and will fall off naturally.

You may lightly wet your wound by having a wash or shower as the glue used by the Scottish Ambulance Service is water resistant.

- Pat your wound dry gently – don't rub it
- Don't try to remove the skin glue – it will come off by itself after about 7-10 days
- Don't scratch, pick or disturb your wound
- If the wound is on your head, you can wash your hair after 5 days

IMPORTANT

- If your hand or fingers are affected, wear rubber gloves when in water but do not continue to use for long periods of time
- Do not expose the healing wound to direct sunlight – apply high factor sun block after the wound has healed

WHEN TO GET HELP

Seek medical advice if your wound:

- Splits open again
- Starts to bleed

You should also seek medical advice if you think your wound may be infected. **You might have an infection if:**

- The wound becomes more red or swollen
- The pain or soreness in your wound gets worse
- A discharge or pus weeps from your wound
- You have a fever

WHO TO CONTACT

Your Doctor or Practice Nurse

During normal surgery hours contact your doctor.

NHS24

When your GP practice is closed and you can't wait until it opens call NHS24 on 08454 24 24 24.

When you need reliable information about illnesses and conditions, NHS Services and current health issues call 0800 22 44 88 or visit www.NHS24.com

999

In an emergency dial 999 or 112 and ask the operator for an ambulance response. Always call an ambulance if you think your illness or injury is life threatening. If you are at all unsure, call 999.

YOUR VIEWS ARE IMPORTANT TO US

Let us know how we can improve the service. We need you to tell us about your experiences, good or bad, and how you would like to see our services improved.

Have an opinion or suggestion? Let us know...

Tel: 0131 4467000

Fax: 0131 4467001

Email: scotamb.corporateaffairs@nhs.net

Write to: Scottish Ambulance Service, Corporate Affairs Manager,
Tipperlinn Road, Edinburgh EH10 5UU

This leaflet can be made available in other languages and formats on request. On occasions a summary will be provided. Please contact the corporate affairs team via email or the telephone number above who will then deal with your request.

To download a copy of this leaflet visit:
www.scottishambulance.com

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