

Scar Massage

- Massage can minimise scarring. This can begin about 3 weeks after wound repair. Use 2 fingers to apply gentle and firm pressure in a circular motion along the length of the wound for 5-10 minutes daily. This will help flatten the scar and reduce pinkness of the wound
- Thick moisturisers (e.g. E45) or Bio Oil are also helpful for scar massage. These do not protect from the sun



Don't Forget

- Avoid picking/scratching at the wound- this will delay wound healing and may cause infection
- Be Patient- wounds require time to heal and scars will take time to reduce/fade
- Be sure to attend your appointment if stitches require removal
- Avoid putting strain on the stitches, i.e. no contact sports or horseplay
- If the wound opens contact your GP or go to your local Emergency Department

CUH Children's wards:



Puffin Ward (021) 492 2212/ 492 2206



Ladybird Ward (021) 492 2209/ 492 2210



Seahorse Ward (021) 492 2187



Paediatric Assessment Unit (021) 4922187

CARE OF STITCHES

Information for Parents and Guardians



Developed by: Méadhbh O' Brien and Róisín Kissane, *BS.C Childrens and General Nursing Interns, in consultation with the staff of Seahorse, Children's Day Unit.*

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The information in this leaflet is correct at time of development.



Children's Services

What are stitches/sutures?

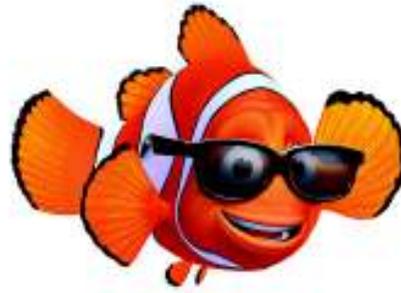
Stitches are special types of thread that hold wound edges together while they heal.

Steri-strips are sterile adhesive strips that are used on small, shallow wounds to hold the edges together.



Caring for your wound

- Keep the area clean and dry when washing
- Leave steri-strips on the wound for 5-7 days
- If steri-strips fall off before 5 days they can be replaced at home
- Observe the wound daily to ensure stitches are intact
- Return for follow up appointments



Stitch Removal

- If the stitches are dissolvable an appointment for removal will not be required
- If the stitches are removable you will be given an appointment for stitch removal by your GP or the children's unit
- Removable stitches are left in for approximately 10-14 days

Sun Protection

- The healed wound will be sensitive to sunlight. It is important to keep the wound covered while in the sun and wear suncream on the healed skin, even if the sun is not very hot

Dissolvable or Removable

- Dissolvable stitches break down by themselves between 1 and 6 weeks after surgery
- Removable stitches will need to be taken out by a doctor or nurse at an appointment after surgery

Things to look out for

- Redness, heat, swelling, pain or pus on the stitch site
- Bleeding or separation of the wound edges
- Fever, high temperature/feels hot
- General un-wellness

