



Wound Care

PATIENT FACT SHEET

HEAL SPECIALIST URGENT CARE

What is wound care?

- You have sustained a wound and have been treated at Heal urgent care. Your wound will have been washed/irrigated/cleaned and will most likely have a dressing.
- Your wound may have been closed with either: wound glue, steri-strips (adhesive tape), sutures (stitches) or a combination of them.
- If local anaesthetic has been used then its effect will wear off within the next 60 minutes, in which you may require simple analgesia.

What next ?

- Part of the healing process - your wound will develop a scab in the next 24 hours following the wound. Do not pick the scab or clean it.
- Keep the wound dry and covered.
- Some wounds such as on your face may require an ointment or cream.

What to do about the wound dressings ?

- A wound dressing most likely wound have been applied to protect the wound and promote healing and minimise chances of infection. Your health professional will advise you when the dressing should be removed or changed.

Suture (stitches) removal

- The process of removing sutures is not usually painful. The amount of time sutures are left in depends on the type of wound and its location on the body.
- Glue or steri-strips will come off in their own time (typically within a week). Do not pick the strips or glue off. If the steri-strips are lifting up off the skin, you can carefully trim them.

If you have any questions, please ask the doctors or nurses before you leave.

Disclaimer: This health information is for general education purposes only. Always consult with your doctor or other health professionals to make sure this information is right for you.