

# Suture advice

*Thank you for choosing to be treated at BNE.*

Your doctor is satisfied that you are well enough to go home. This information sheet will provide you with additional information to assist you with further recovery.

## Warning signs

Please return to the **BNE** or visit your GP if you experience any of the following:

- Severe pain unrelieved by simple pain killers
- Fever
- Excessive blood loss from the wound
- Increasing redness of inflammation around the wound
- Offensive smell from the wound
- Ooze or discharge from the wound after 24 hours
- If any sutures become loose
- If the numbness around the sutured area persists for more than 24 hours.

## What to expect following suturing?

The local anaesthetic that the doctor used on your wound may take 1–24 hours to wear off and when this occurs you may experience mild to moderate pain.

You may also notice a small amount of blood or clear ooze on the dressing in the first 12–24 hours. This is to be expected.

## Treatment

- Rest and elevate the affected limb.
- Apply ice packs around the area if necessary.
- Pain killers can be purchased over-the-counter at a pharmacy.

## Suture care at home

- Keep the wound dry and covered for the first 24–48 hours.
- After this, the dressing may be removed and the wound left open unless otherwise instructed by the doctor.
- Continue to ensure that it is kept clean and dry.
- Avoid stretching the wound if it is over a joint such as elbow, knee or finger as this may cause it to reopen.
- Keep the wound out of the sun as much as possible. This will give the best cosmetic result.
- Vitamin E, Aloe vera or Sorbolene cream may be rubbed into the wound daily when the sutures are removed to promote healing.
- **Do NOT** scratch the scab or the suture line as this may cause it to reopen or become infected.

*Please call us or return to BNE if you have any concerns. Alternatively, your GP has received information regarding your visit to **BNE** and can address any concerns you may have.*

*Please come back to see us for your follow-up care and treatment.*

**627 Rode Road Chermside**

*Located between The Prince Charles and St Vincent's Private Hospital Northside.*

**[www.emergencyBNE.com.au](http://www.emergencyBNE.com.au)**