

## Community Services

# Caring for your wound

This leaflet provides advice for patient's and carers.

### Your wound has been closed today with:

- Steri-strips
- Derma+Flex skin glue

### Aftercare advice for steri-strips

- Avoid getting the wound wet whilst the dressing is in place.
- A follow up appointment will be arranged with your practice nurse, or a UEC practitioner will visit you at home to redress your wound in 5-7 days.
- A covering dressing has been applied for your comfort and as protection for the wound.
- Please do not remove the outer dressing until advised otherwise.

### Aftercare advice for Derma+Flex skin adhesive (skin glue)

- Avoid prolonged exposure to water as this will weaken the glue.
- Do not apply creams/ointments/liquids to the wound.
- The glue will naturally start to flake off within 5-10 days.
- No follow up is generally required with Derma+Flex.

When you first sustain an injury or wound, it is normal for the area to be painful, slightly red, swollen, and warm to touch. You can take over-the-counter pain killers to alleviate any discomfort (please seek advice from your local pharmacist before starting any new medication).



### **Please monitor your wound and seek medical advice for any of the following:**

- If your wound reopens or begins to bleed (some slight spotting or yellow staining on the outer dressing is normal if you have had steri-strips applied).
- If you think your wound has become infected
- If your wound becomes more visibly red, swollen and/or hot to touch
- If the area around the dressing room becomes more red/swollen and hot to touch
- If the pain or discomfort becomes worse despite use of simple painkillers
- If there is a coloured discharge, or you notice pus coming from your wound
- If there is an unpleasant smell from the wound
- If you develop a temperature, or you start feel unwell

**If you experience any of the above, please call 0300 200 0011 option 2 (between 8am and 8pm) and ask for UEC. Alternatively, call NHS 111 (freephone, 24 hours a day), for further advice and support.**

The Trust has access to interpreting and translation services. If you need this information in another language or format, please ask our staff and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### **Did we get it right?**

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Scan the QR code and on the webpage, search for OCIT or enter code **0036** to go to the feedback page for the service.



#### **Document History**

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