

## Patient Information



# Stitches

## Parent/Carer Discharge information

This leaflet contains advice and information about how to care for stitches when you leave hospital.

### Nutrition

Your child can eat and drink as normal.

### Bathing

Your child must not get the wound wet for two whole days so it is best not to take a bath until after that. When they do have a bath they can soak the dressing/plaster off in the water. Make sure the wound is patted completely dry afterwards to stop infections.

### Return to school/activity

You will need to inform the school/college that your child has sustained an injury where they will have stitches in place. The school/college will also need to be informed that they will need to refrain from certain activities while the stitches are in place to ensure the wound heals fully.

### Wound care

The area around the wound may look a little bruised which is a normal part of the healing process.



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### When should I seek medical advice?

If the wound is:

- Very red
- Swollen
- Hot to touch
- Oozes any liquid

These can all be signs of infection and need assessment.

### What medication can I give to my child/adolescent?

Paracetamol and or Ibuprofen (if applicable) to be given for pain,

Paracetamol 4-6 hourly last given at.....

Ibuprofen 6-8 hourly last given at.....

### Stitches

Sometimes stitches are dissolvable and sometimes they will need to be taken out when the wound is healed. The stitches are \_\_\_\_\_ and so do / do not need removing.

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

The Trust operates a smoke free policy

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