

Absorbable sutures

Instruction for closed wound or surgical incision care at home/absorbable sutures

You have a wound closed with absorbable sutures. Keep the wound clean and dry for 1 to 2 days following the procedure, after that you can have a shower and the sutured area may get wet. After a shower, you can leave the breathable surgical tape protecting the wound on, just gently pat the skin dry around the wound. Do not rub, pull or press the skin around the wound. You can have a sauna bath or a swim in _____ weeks.

If the dressing is stained or bloody, change it but make sure your hands are carefully washed. Dressings and surgical adhesive tape are available at pharmacies. If you have a dressing covering the surgical tape, you can remove it in 1 to 2 days. Protect the wound with surgical tape for _____ weeks and after _____ weeks you can trim any knots or ends of material in the wound.

Contact your local health centre if after the procedure / operation

- the wound continues to bleed
- the wound opens
- the wound is very hot, swollen or red
- the dressing is stained with discharge and smells or you get a temperature
- the wound starts to ache more or pain continues