

Key reference source

Mr Mark Pontin – Consultant
Royal Surrey County Hospital

Have you any other questions or problems?

Please contact us at Royal Surrey County Hospital Emergency Department on **01483 571122 ext 2206/2207**.

Notes

Contact details

Telephone: 01483 571122 ext 2206/2207

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: December 2016

Future review date: December 2019

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Patient information leaflet

Facial wounds



Accident & Emergency Department

After your recent treatment you may have stitches or steristrips, or tissue glue and a dressing.

What do I do after the treatment when I get home?

After your treatment we suggest you go home and rest. It is not a good idea to rush back to work or participate in any sport.

There may be some pain and discomfort once the numbness wears off so take paracetamol or ibuprofen regularly as required or as prescribed by the doctor. As the pain eases off over the next few days cut down on the painkilling tablets.

If you are taking painkilling tablets do not drink any alcohol.

Are there any problems to look out for?

Bleeding: this is not usually a problem. Sometimes there may be some slight oozing around the stitches or under the steristrips. Use a clean handkerchief or tissue and press firmly on the wound for 15 minutes. This should help this stop. If you are still concerned then please contact us on the number below.

Infection: your wound may get infected. The signs to look for are swelling, redness and tenderness around the wound. The surrounding skin may feel hot and the wound might start producing pus or blood stained fluid. You may feel feverish and unwell. If you think there is some infection present then you must either contact your GP or go to your nearest Emergency Department as you may need a course of antibiotic tablets.

What about washing?

Do not allow your wound to get wet or soggy when under the shower or washing your hair. You might be able to protect the area with a clean, dry flannel.

If washing your hair would get the wound wet, then sit with your head resting backwards over the sink and get a relative or friend to help you.

What about the dressings?

In most cases these should be left in place until you have the stitches removed. Unless wet or dirty steristrips should be left on for at least 5 days. Tissue glue keeps dry for 5 days.

What about the stitches?

The length of time your stitches stay in will depend on the type of treatment you needed, the sort of stitch used and where exactly your wound is. Sutures are removed from 5–7 days onwards.

You will be advised when and where to have your stitches removed before you leave the hospital.

What else should I do?

- Do not keep touching your wound with your fingers or you might spread germs that cause an infection. If you need to touch your wound wash your hands first. Keep your wound covered if you are going to be in a dirty or dusty area or near animals.
- Keep your wound out of direct sunlight. Sun can interfere with the healing process and can damage the scar. This is particularly important during the first few weeks. Once the wound has healed apply sunscreen with a factor 30 or above if you are going to be out in the open. Do this for at least six months following your treatment.
- Once the stitches have been removed the wound will continue to heal. It can take up to a month to regain its strength. Avoid pulling on the area, scratching or knocking it.

What about the scar?

Any wound may result in a scar. In most cases the scar will appear pink and then eventually disappear. Sometimes the scar may remain more visible and look a slightly different colour to the surrounding skin. A week after the stitches have been removed you can start gently massaging in a simple moisturising cream once or twice a day. This helps to soften the scar tissue. It can take over 6 months for the scar to settle down after your treatment.