

Steristrips

Your wound has been closed with skin closure tapes or steristrips. This information sheet gives you basic advice on how to help your wound to heal. Please speak to your GP or refer to the contact details below if you have any questions or concerns.

If you have diabetes or suffer from diabetic neuropathy, please let the staff treating you know so that we can tailor your treatment accordingly.

Looking after my wound

Do

- keep your wound clean and dry
- if your wound has been dressed, leave the dressing in place for _____ days.
- remove the steristrips after _____ days. Do this by rolling them from both ends to the middle. Soaking your wound in water first may make this easier.

Do not

- pick at any scab
- wash the area until you are ready to take off the steristrips, as they will become soggy and loose
- use a plastic finger stall
- put a dressing over your wound if it is on your face as these are best left open to the air.

Will I be in pain?

You can buy pain relieving medication such as paracetamol or ibuprofen without a prescription. This should be enough to relieve your pain. Always check that the pain killers will not react with any other medication that you are taking and follow the instructions on the packet. Ask your pharmacist if you are unsure. Pain killers will be more effective if you take them regularly.

What should I do if I have a problem?

Please see your GP if:

- your wound becomes red, swollen or more painful
- your wound breaks open
- there is pus or blood coming out from your wound.

Contact us

If you have any questions or concerns about your steristrips that cannot wait until your next GP appointment (usually 48 hours) please contact the **urgent care centre at St Thomas' hospital** on **020 7188 6182** between **8am and 12 midnight**.

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call the **pharmacy medicines helpline** (contact details given below).

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's

e: pals@gstt.nhs.uk

Knowledge & Information Centre (KIC)

For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.

t: 020 7188 3416

Language support services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct

Offers health information and advice from specially trained nurses over the phone 24 hours a day.

t: 0845 4647 **w:** www.nhsdirect.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Leaflet number: 1639/VER2

Date published: June 2013

Review date: June 2016

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