

Stitches

Your wound has been closed with stitches to help it to heal. This information sheet gives you basic advice on how to look after your wound. Please see your GP or refer to the contact details below if you have any questions or concerns.

How do I look after my wound?

- Keep your wound clean and dry.
- If your wound has been dressed, leave the dressing in place until the stitches are removed, unless you have been told otherwise.
- If the dressing gets wet or dirty, you may remove and replace it with a clean, dry dressing or plaster.
- If your wound is on your face or scalp you will not have a dressing, as these wounds are best left open to the air.
- Make an appointment to see your GP or practice nurse to have the stitches removed in _____ days.

What should I do if I have a problem?

Please see your GP, if:

- your wound becomes red or swollen
- there is pus or blood from your wound
- your wound opens up or the stitches fall out too early
- your wound becomes very painful.

These are signs that the wound may be infected.

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 on the following page).

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

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk

Leaflet number: 919/VER2

Date published: June 2013

Review date: June 2016

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