

Looking after your wound that has been glued

This information sheet gives you information 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.

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

Your cut has been closed using special medical glue. This glue must stay in place until your cut has healed, which will take about five to six days. The glue forms part of the scab. Do not pick at it – it will come off gradually by itself.

Looking after my wound

Please follow the advice below:

- Keep your wound clean and dry.
- Do not wash the area or get it wet for seven days.
- Leave the dressing on for _____ days, and once it is removed remember not to pick at the scab.

If your wound is on your face or head, please leave your wound open to the air, without a dressing.

Pain relief

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 **contact your GP** if

- your wound becomes red or swollen
- your wound reopens completely
- there is pus or blood coming out from your wound
- your wound becomes very painful.

These are signs that your wound may be infected.

Contact us

If you have any questions or concerns about **looking after your wound** 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: 139/VER3

Date published: June 2013

Review date: June 2016

© 2013 Guy's and St Thomas' NHS Foundation Trust