

Steristrips

Your wound has been closed with steristrips (skin closure tapes). 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 your wound

- 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
- Get the area wet, as the steristrips may fall off
- Put a dressing over your wound if it is on your face, as this is best left open to the air.

Pain relief

You can buy pain-relieving medication such as paracetamol or ibuprofen over the counter. This should be enough to relieve your pain if you take it regularly by following the instructions on the packet. Check that the painkillers will not react with any other medication that you are taking. Ask your pharmacist if you are unsure.

What should I do if I have a problem?

Please consult your GP if there are signs that your wound is infected, such as:

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

Useful sources of information

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, **t: 020 7188 6182** (8am-12 midnight).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

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

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

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

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website

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

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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