

## **Basic Wound Care Instructions**

1. Leave dressing in place for the first 24 hours and keep dry
2. After 24 hours, remove the top padded dressing and leave the lower Hypafix (sticking plaster) in place
3. You may shower after 24 hours, leaving the Hypafix dressing on until after your appointment for removal of sutures. Pat dry after shower. Avoid soaking the dressing. If the Hypafix dressing becomes loose, you may replace it with a Band-Aid to protect the sutures if they are catching on your clothing.
4. If you require pain relief, Paracetamol can be taken – avoid Aspirin or products containing Aspirin
5. If bleeding occurs, apply firm pressure directly and continuously over the wound for 10-20 minutes. If bleeding does not stop please contact clinic, or seek medical advice.
6. If the skin around the wound becomes red or tender, or any other concern with the area please contact the clinic as you may need antibiotics.
7. Pathology results are generally given at the time you have your sutures removed. If you are having sutures removed elsewhere, please call the clinic one week after having the procedure on the Skin Wise Healthcare clinic number 08 8230 6999 and speak with the nurse for results.
8. Optimal timing of suture removal is approximately 7 days for head and neck, and 10-14 days on the rest of the body.

We are happy to review your wound at any time if you are concerned.