

## Additional Considerations:

### Suture removal:

- Your healthcare provider will tell you when to return for suture removal. Do not attempt to remove them yourself.
- Non-absorbent sutures are usually removed within 7-14 days.
- Some sutures will dissolve on their own, and do not need to be removed.

### Butterfly dressings or Steri-Strips®:

- Butterfly dressings or Steri-Strips need to stay in place for at least 7-14 days to allow good wound healing.
- If the edges or corners begin to lift, you may use a pair of small clean scissor to trim off these corners.
- They will typically fall off on their own as the wound heals. Soaking in warm water can remove the adhesive after the appointed time if necessary.

### Skin Adhesives or GluStitch®:

- Leave the skin adhesive on your skin until it falls off on its own. This may take about 5-10 days.
- Do not apply any cream, ointment or lotion directly on the adhesive as this may cause it to fall off too soon and may reopen the wound.

### Scarring:

- Scars are a natural part of healing. Proper wound care can help minimize scarring.
- Always protect new scars from sun exposure to avoid discoloration.

#### For more information, contact us at:



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## GENERAL HOME CARE OF SUTURES, BUTTERFLY DRESSINGS & SKIN ADHESIVES

## Always keep the area clean & dry:

- Keep the sutured area clean and dry for the first 24 to 48 hours to minimise risk of infection.
- After the initial period, you may shower or gently wash the area with clean water and mild soap daily. Avoid harsh soaps, hydrogen peroxide, or alcohol, as they can slow healing.
- Gently pat the wound dry with a clean, soft towel. Do not rub.

## Dressing changes:

- If a plaster or dressing is used to cover the wound, change it regularly or if it gets dirty as directed.
- Ensure your hands are always clean. Perform proper hand washing before changing the bandage.



## Avoid any heavy lifting or strenuous physical activities:

- Minimise activities that could stretch or put stress on the wound, which could cause it to reopen/break down.
- Avoid picking at the scabs, sutures, butterfly dressings or skin adhesives.

## Avoid soaking and swimming:

- Do not soak the wound in a bath or swim until the sutures are removed or the butterfly dressing/skin adhesive falls off by itself.

## Pain management:

- Over-the-counter pain relievers like paracetamol or ibuprofen can be used as directed for pain.



## Antibiotics – Oral and Topical:

- If prescribed, take your oral antibiotics on time and finish the appointed course.
- Apply a thin layer of antibiotic cream/ointment as directed by your doctor.
- Do not apply any creams, ointments or lotions directly on glue-stitched wounds as this may cause the adhesive to dissolve.
- Report back to Panaga Health if you experience any side effects/allergies i.e. rash, itchiness, diarrhea, vomiting etc.

## Bleeding:

- If bleeding occurs, apply firm, uninterrupted pressure with a clean gauze for 20 minutes. If it does not stop, please report back to or call Panaga Health MERU at:  
**337 3902 / 337 4415**

## Use ice packs to control swelling and bruising:

- Apply a cold pack on the surrounding area for about 10 to 15 minutes each hour for the first 24 to 48 hours while awake as necessary.

## Monitor for Signs of Infection (Contact your doctor if you notice any of these):

- Increased pain, swelling, redness, or warmth around the wound.
- Yellow or green pus draining from the wound.
- Fever (100.4°F or 38°C or higher).
- Red streaks extending from the wound.
- The wound opens up, or the sutures come out prematurely.

