



SUTURES | TREATMENT OF WOUNDS IN THE EMERGENCY ROOM

YOUR CARE

One or more of your wounds have been sutured by the emergency room doctors at the CIUSSS de l'Estrie – CHUS. You must now follow these directions to avoid complications.

RECOMMENDATIONS

Precautions have been taken to prevent your wound from becoming infected. However, an infection is always possible.

Consult a doctor if one or more of the following signs of infection appear:

- increasing pain at the wound site;
- redness, heat and swelling that increases around the injury;
- pus (opaque yellow-green liquid) at the wound site;
- fever (38° C).

If the stitches, glue, butterfly closures (Steri-Strip™) come off and the wound opens, please consult a doctor.

If the wound does not open, there is no need for medical consultation.

To reduce the appearance of scarring

- Many creams have been studied for their ability to reduce the appearance of scars. To date, none has shown results that would allow us to recommend one in particular.
- For the **next 12 months** your injury will be more sensitive to the sun. Applying a solar cream will decrease the possibility of scarring that is a different colour from your normal skin tone.

SPECIAL FEATURES

If stitches or staples were used:

- Do not get the wound wet for the first **72 hours** (from the time your wound was treated).
- Do not soak the wound or disinfect it.
- Clean it gently with water and soap without rubbing it.
- Avoid swimming until the stitches are removed.
- If you have a dressing on your wound, you can remove it **after 48 hours**.
- You should ensure that your wound remains clean until it is completely healed.

If your wound was repaired with tissue glue

- Keep the wound and area around it clean at all times until it is completely healed.
- Do not try to remove the glue manually; it will come off when the wound has completely healed.
- **Do not take a shower or a bath, and do not go swimming in the first 72 hours** following the closing of the wound.
- **Do not rub or soak the wound in water for 7 to 10 days.**
- Do not put medication or cream on the injury.
- Keep the wound dry.

If butterfly closures (Steri-Strip™) were used:

- Do not try to remove them before the date your doctor gave you
- Do not allow the injury to get wet for **72 hours** after the butterfly closures were applied.

IN CASE OF EMERGENCY



Consult your family physician or go to a walk-in clinic.



If the clinic is closed, call Info-Santé 811.



Go to the nearest hospital emergency department.

REMINDER:

Please call the CLSC in your region or a medical clinic/GMF to make an appointment.

Authors

Nicolas Elazhary, MD, emergency doctor
Fannie Allard, nurse, B.Sc.
Maryse Grégoire, nurse, B.Sc. inf., M.A.
Caroline Gobeil, nurse, B.Sc.
Jean-François Deshaies, MD, emergency doctor
Véronique Verrier, MD, emergency doctor

Collaboration

Nathalie Daviau, pharmacist

Review

Maryse Grégoire, nurse, B.Sc. inf., M.A.
Isabelle Dussault, MD, emergency doctor

References

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Revision and layout

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