



PRACTICAL INFORMATION

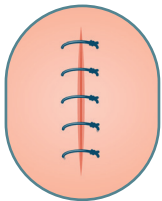
What to Do After Your Wound Has Been Closed

How to Care for Your Wound After It Has Been Closed?

There are many ways to close a wound. Learn how to care for your wound by checking the section below that matches the way your wound was closed.



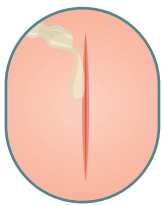
Stitches or staples



- Keep your wound dry (no water) for the **first 2 days** (48 hours).
- If you have a dressing on your wound, take it off **after 2 days** (48 hours).
- Do not soak or disinfect your wound.
- Do not swim or bathe until the stitches or staples are removed.
- **After 2 days** (48 hours), gently clean your wound with soap and water each time you wash. Do not rub or scrub your wound.
- Keep your wound clean, free of dirt, until it is completely healed.



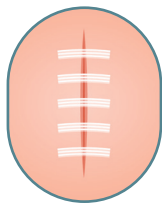
Skin glue



- Keep your wound dry (no water) for the **first 2 days** (48 hours).
- Do not rub or remove the skin glue. It will fall off on its own once the wound is healed.
- Do not soak or disinfect your wound.
- Do not swim or bathe for **7 to 10 days**.
- **After 2 days** (48 hours), gently clean your wound with soap and water each time you wash. Do not rub or scrub your wound.
- Keep your wound clean, free of dirt, until it is completely healed.
- Do not put any kind of cream, ointment, or liquid medication on your wound.



Wound closure strips



- Keep your wound dry (no water) for the **first 2 days** (48 hours).
- Do not remove the strips. They will fall off on their own.
- Do not soak or disinfect your wound.
- Do not swim or bathe until the wound closure strips have fallen off.
- **After 2 days** (48 hours), gently clean your wound with soap and water each time you wash. Do not rub or scrub your wound.
- Keep your wound clean, free of dirt, until it is completely healed.
- Do not put any kind of cream, ointment, or liquid medication on your wound.



REMINDER

If you need to:

- Have your dressing changed;
- Have your stitches or staples removed;

Make an appointment by calling a CLSC near you or your doctor's office.



What do you need to watch for?

Your wound could get infected. **Contact a health care professional if you see any of the following signs:**

- The wound is more and more painful.
- The area around the wound is becoming redder, warmer, and more swollen.
- Pus- a thick whitish or yellowish liquid - is coming from the wound.
- You have a fever of 38.0°C/100.4°F or above.
- The wound opens.

How to get help?



Dial **811, press 1** or call your **pharmacist**.



If you don't have a family doctor or a nurse practitioner:
Dial 811, press 3.

If you have a family doctor or a nurse practitioner: **Call their office.**



Dial **911** or **go to the emergency department** of your nearest hospital.

How to reduce or limit scarring?

- Your wound is sensitive to sunlight. Put on sunscreen (SPF 30 or higher) for 1 year to prevent your scar from becoming darker than your natural skin colour.
- You can also use a cream that helps reduce the appearance of scars, but none have been proven to work for sure.