

Home care of a sutured wound

Wound care

Wash your hands before handling the wound area. You may remove the dressings_____ . The wound is allowed to get wet_____ .

Do not use soap on the wound or rub it. There is no need for a dressing if there is no seepage from the wound.

If there is blood or fluid seeping from the wound, cover it with clean dressings. If the dressing is soiled or wet, replace it with a clean one.

Wound dressings are available from stores that sell wound care products or from pharmacies. The dressings do not have to be sterile. Do not go to the sauna, swim or take a bath until after the stitches have been removed.

Make an appointment with a public health nurse at your health care centre to have the stitches removed:

Pain management

The days following the procedure, you may take over-the-counter painkillers available at the pharmacy that are suitable for you as needed. Take the painkillers as instructed by your doctor.

Please note

Strenuous exertion, stretching and lifting heavy objects (weighing more than 3 kg) is forbidden if the wound is in a place that is subjected to stress or tension. As you recover you may gradually increase the stress to the wound area, with due consideration how the wound is healing.

Sick leave

The length of sick leave is determined individually depending on the type of procedure performed. The doctor performing the procedure will assess how much sick leave you need write a sick leave certificate if necessary.

Contact the unit where you had your procedure if

- there is increasing pain in the wound
- there is increasing bleeding or other exudate from the wound
- you develop a fever above 38°C
- there is increasing warmth, redness or swelling in the wound.

Contact information

Primarily contact your local health center. If necessary, Medical Helpline Monday–Thursday 3 pm–8 am and Friday 3 pm–Monday 8 am, tel. 116 117.