

## Home instructions for surgical wounds

Please wash your hands carefully before and after treating your wounds. Your wound has been closed with either sutures, staples or absorbable sutures.

### Removing Sutures or Staples

- In a health care centre or in occupational health care \_\_\_/\_\_\_ 20\_\_.

If your wound has been closed with absorbable sutures, they do not need to be removed, as they dissolve by themselves in about two weeks.

### Showering with Your Wound Dressings

- The wound and the area around it must be kept clean. Avoid touching the wound unnecessarily.
- You can remove the dressings and take a shower 24 hours after the surgery, and when the wound has stopped oozing blood.
- You can take a bath, go swimming, or go in a sauna 24 hours after the removal of your sutures.
- If your wound has been closed with absorbable sutures, you can take a bath, go swimming, or go in a sauna two weeks after the surgery.
- You do not need to wear a dressing if the oozing of the wound has stopped.
- Please do not chafe the wound and avoid wearing tight clothing.

### Pain Control

- Follow your physician's advice about pain control.
- You can treat your pain with prescription free pain killers, according to the instructions on the package.

### Other

- If your wound is located, for example, on your abdomen, avoid heavy lifting (over 3 kilograms) and stress when the wound is healing.

## **Difficulties**

Contact your treatment unit, a health care centre, or the emergency clinic, if:

- You experience increasing and prolonged pain despite taking pain killers
- The area around the wound has swollen, it feels hot, or if it is red
- The wound starts to bleed, or to secrete pus or tissue fluid
- You have high temperature (over 38 degrees Celsius)