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Wound care information

***Information for
patients and carers***

**Emergency Nurse Practitioner Service
Accident & Emergency Department
Aberdeen Royal Infirmary**

Personal treatment plan

Date attended:.....

Initial treatment:

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Tetanus status

Antibiotics provided

☐ Yes:

☐ No

Instructions for patient

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Signature

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Emergency Nurse Practitioner (ENP)

General advice

Depending on the type of wound you have, your wound may have been treated by stitches, paper stitches, medical glue or may have a dressing only applied.

- Keep your wound clean and dry. Do not cover your wound with plastic bags or plastic fingerstalls as this will make your wound soggy and may cause infection.
- Raise your limb to prevent bleeding and swelling. This will also reduce any risk of your wound becoming infected.
- Remember to take pain relief tablets if you need them.

Things to look out for which may mean that you have an infection

- Increase in the amount of **pain** you experience.
- Increased **swelling**.
- **Redness**. It is normal to see redness around your wound 3 to 4 days after your injury. However, if you notice a fiery red area round your wound and any red line travelling from your wound, return to Accident & Emergency (A&E) urgently.
- Any offensive **smell** or leakage of **pus** may indicate infection.
- You may feel hot and generally unwell.

If you notice any of the above, contact your GP, or if you live locally, return to the A & E Department.

If you have stitches

Keep your wound clean and dry. Stitches are normally removed by your practice or district nurse. We will advise you when your stitches should be removed. Contact your practice nurse as soon as possible to arrange an appointment.

If you have paper stitches

We will advise you whether to remove the paper stitches yourself or arrange a further appointment. You will find it most comfortable to gently soak off the paper stitches in warm water. For a few days after removal, your wound will be weak, so take extra care to avoid injury.

If your wound was closed with medical glue

Keep the wound site dry for the first 5 days. The surface of your wound may appear a little strange compared to what stitches look like. The overall appearance can best be described as resembling a scab and should be treated like a scab. Resist the temptation to pick.

The glue will come away from the skin on its own within about 10 days. By this time, your wound will be sufficiently healed.

Things you can do to help your wound heal

Nutrition

- Eat a healthy, balanced diet including 5 portions of fruit and vegetables daily.
- Drink plenty of fluids.
- Keeping your skin well hydrated is important in the healing process and will help prevent infection.

Lifestyle

- Don't do too much or dirty work too soon. An infected or stretched wound will take longer to heal and may result in a larger scar.

Exercises

- It will help the blood supply to your wound if you gently move and exercise your limb regularly.

Scar care advice

By following this advice you can help to reduce scarring and help achieve the best possible cosmetic result.

- Using a bland moisturising cream you should begin to gently massage the area increasing the pressure gradually to a firm massage.
- Massage your scar 3 times a day until the scar settles and does not become dry without the moisturiser.
- Your scar will be very sensitive to sunlight. This applies especially to previously burned skin. You should cover your scar with clothing or apply total sunblock if exposed to the sun. Unprotected exposure to the sun will increase your risk of developing skin cancer!

Contact telephone number

If you have any questions about your treatment, please call one of the numbers below. Ask to speak to the Emergency Nurse Practitioner:

 **01224 553306 or 550506**

Your appointments

Please report to the A&E reception desk and bring this record with you at these times:

Date	Day	Time	ENP on duty

**This leaflet is also available in large print.
Other formats and languages can be
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Ask for leaflet 0078.**

Feedback from the public helped us to develop this leaflet.
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