

## How to care for your suture (stitch) lines following discharge

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Dressings

If you have a dressing or tapes on your suture (stitch) line(s) please keep them clean, dry and undisturbed until your next Dressing Clinic appointment or visit from the Community Nurse.

You can gently wash around the area with an unperfumed soap and gently pat dry with a clean towel.

**Do not** shave over a stitch line if they are around the beard area, or areas of hair growth.

If you need a visit from a Community Nurse before you go to Dressing Clinic, one will be arranged for you and you will be given **7 days** supply of dressings to give to the Community Nurse.

The Community Nurse may visit you in your home or you may be asked to attend your GP surgery. The Community Nurse will arrange this with you.

If necessary, please take your painkillers at least **45 minutes** before your clinic or visit from the Community Nurse to help your pain relief during a change of dressing.

**Please ensure hands are cleaned thoroughly if you or someone else needs to touch your wound at any time**

## Dressing Clinic

You will be given an appointment to attend Dressing Clinic.

**It is very important that you attend this appointment.** Please contact the clinic straight away on **0151 430 1285** if you will not be able to keep your appointment.

If an ambulance has been arranged for you to return to Dressing Clinic, please be ready at least 2 hours before your appointment time.

This is because ambulances sometimes collect patients early and cannot wait for you to get ready.

## Problems

Please contact the ward where you were admitted if you have any of the following problems:

- The area around the stitch line becomes swollen
- Pain that is not relieved by taking your pain killers
- Pins and needles or numbness in your hand(s)
- Bleeding that will not stop after applying gentle pressure
- You notice lots of leaking (oozing) from the stitch line or the stitches come apart
- Any redness along the stitch line which feels hot to the touch
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing
- The dressing falls off

## Contact Details

If you have any questions or concerns, please contact the ward you were admitted to.

Ward 3A	0151 430 1520
Ward 4D	0151 430 1540
Community Nurse	0151 290 2030

**If you do not receive any Outpatient appointments that you are expecting, please contact your Consultant's secretary.**