

Caring for Your Sutures (Stitches)

Halifax Infirmary

If you have sutures with a dressing:

- Keep your dressing dry and on for ____ days.
- If you have any bleeding and it soaks through your dressing:
Put pressure on the dressing with your hand for 5 to 10 minutes, then put on a new dressing.

If you have sutures with Steri-Strips™:

- Keep your sutures dry for ____ days.
- You can shower. Pat the sutures dry. **Do not rub.**
- Leave the Steri-Strips™ on for ____ days, or until they fall off.

If you have sutures without a dressing:

- Buy a small tube of Polysporin® or Vaseline® at a drugstore. You do not need a prescription. Put it on your sutures for ____ days.
- If you have any bleeding:
Put a dressing over your sutures. Put pressure on the dressing with your hand for 5 to 10 minutes.

You may feel a bit of pain after the freezing wears off. You may take acetaminophen (Tylenol®, Tylenol® Extra Strength) or ibuprofen (Advil®).

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

Call your primary health care provider (family doctor or nurse practitioner) if you have severe (very bad) pain or bleeding that does not stop.

If you cannot reach your primary health care provider, call 911 or go to the nearest Emergency Department right away.

Make an appointment to have your sutures removed or for other follow-up care.

My appointment:

Doctor: _____ Phone: _____

Date: _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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