

Stitches (Sutures)

General Guidelines:

Do's (√):

- Keep the wound as clean and dry as possible during the first 24 to 48 hours after the stitches have been placed.
- Leave the dressing on the wound during the first 24 hours.
- Follow the instructions of your health care provider when you want to wash, dry, or change the dressing.
- Check wound and stitches every day for signs of infection.
- Make sure that your hands are clean when you tend to the wound.
- Take painkillers to alleviate pain if instructed by your doctor.
- Follow up with your health care provider to make sure your wound is healing properly.
- Only use creams or ointments recommended by your doctor.

Don'ts (X):

- Don't rub the stitches directly, use a clean paper towel instead.
- Don't leave the dressing of the wound or the clothes over the stitches wet because this allows bacteria to reach the area, which can cause infections.
- Avoid any activities that exert pressure on the area that has been sutured.
- Do not swim or soak the wound (for example by washing the dishes without wearing gloves) until the sutures have been removed.
- Don't let children play with water, mud or sand.

You need to see a doctor or go to the emergency room again if:

- The wound continues to bleed even after being sutured.
- Sutures fall out before their removal date.
- You notice signs of infection, which include:
 - ✓ Increased pain
 - ✓ Swelling and redness in the area.
 - ✓ Fever.
 - ✓ Pus or smelly discharge.
 - ✓ Numbness or tingling around the area of the wound.

If your sutures are also dressed with bandages, follow the care instructions given by your doctor.

Clinical Health Education Department

For more information, please contact us by email on:

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