**Caring for your Wound**

**Wound care**

**In order to make sure you wound heals well please ensure that you:**

* keep the wound clean and dry.
* take simple painkillers e.g. panadol, nurofen if required
* Elevate (keep raised) the affected part if possible
* See your GP and Practice Nurse, as advised, to have your sutures removed or wound reassessed.

It is important that you do not use antiseptic solution or creams to clean off the blood clot,

pick the scab off or touch the wound or sutures.

**Dressings**

A dressing may be used to protect the wound, depending on the site. Your doctor

or nurse will advise you when the dressing should be changed or removed.

**Suture/Dressing removal**

Suture removal is not usually painful and the length of time sutures are left in varies

on the nature and site of the wound. Give the wound a few days rest after the suture removal. No heavy lifting or exercise involving the affected area.

**When to seek advice**

If your wound becomes more painful or you notice increasing redness or swelling you should contact your GP**.**

**In a medical emergency go to your nearest emergency department or call 000.**