

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 place a new dressing over the area.

If you have sutures with Steri-Strips™:

- Keep dry for _____ days.
- You can shower. Just pat dry and 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® ointment at the drugstore. You do not need a prescription. Put this ointment on your sutures for _____ days.
- If you have any bleeding, place a dressing over the area. Using your hand, put pressure on the dressing for 5 to 10 minutes.

You may feel a slight painful sensation after the freezing wears off. Usually Tylenol® (acetaminophen), Tylenol® Extra Strength, or Advil® (ibuprofen) will help.

Call your family health care provider if you have severe (really bad) pain or bleeding that will not stop. If your family health care provider is not available, go to your closest Emergency Department or a walk-in clinic.

**Make an appointment for removing your
sutures or other follow-up care:**

Doctor: _____

Date: _____

Phone: _____