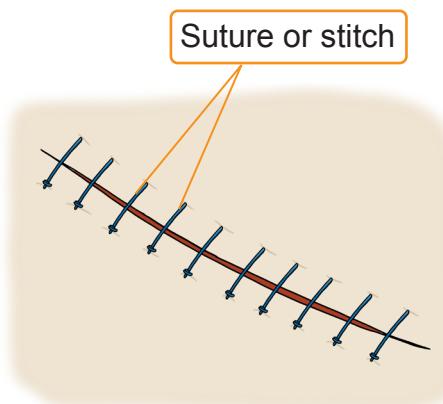


## Keeping our mob healthy

# Stitch care also called suture care (sue-ch-er)

A suture is a stitch that holds the wound together.



### Looking after the wound

- Keep the wound dry for the first 24 hours.
- After the first 24hrs bub can shower. You must pat the wound dry straight away.
- Do not soak the wound or let bub swim until the stitches are taken out.
- Don't let bub pick at the scabs or dressings on the stitches.
- It's normal to have a small bit of ooze when the stitches are taken out.

### Wound healing

It is normal for the scar to be red at first, it will then become lighter after a few months.

### Keep an eye out for signs of infection:



Bub has a fever or temperature



Wound is red, oozing and swelling



More ooze, pus or a smell coming from the wound



Bub has more pain

If bub has any of these see your GP, health clinic or emergency department.

See your GP or health clinic in \_\_\_\_\_ days, to take out the stitches, if they haven't fallen out.

## If bub is in pain, give them:



### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions



### Ibuprofen (Nurofen)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 3 times in 1 day**

See packet instructions

## How to look after your scar

Scars are a normal part of healing. It is important to take good care of the wound, so scarring is less.

- For the **first 6 - 8 weeks** after the injury, the scar will change in colour and thickness as it heals.
- Scars can take up to **2 years to heal**.
- How the scar heals can be affected by: skin types, how deep the wound is, infections and how the scar is looked after.

## Signs to look out for when the wound is not healing

- Painful
- Itchy
- Hard or raised skin
- Skin is tight and uncomfortable
- Stays purple or red in colour

Call your GP or health clinic if the scar is not healing.

## Looking after your scar

### Massage

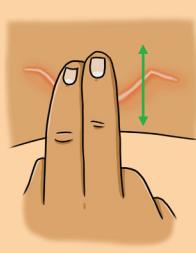
- **2 to 4 weeks** after the injury, massage the scar 2 times a day, for 5 to 10 minutes.
- Massage along the same direction as the cut.
- Do not massage the scar if it is open or infected.



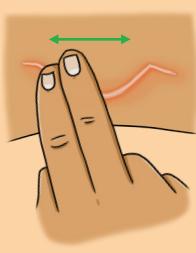
- **After about 4 weeks**, the scar can be massaged in the other direction.
- Continue the daily massages until the scar is pale and thin - the scar should go from pink to pale.
- Massaging the scar should not hurt.
- **Moisturising** with Vitamin E cream or Sorbolene softens the scar and helps when massaging.



circular



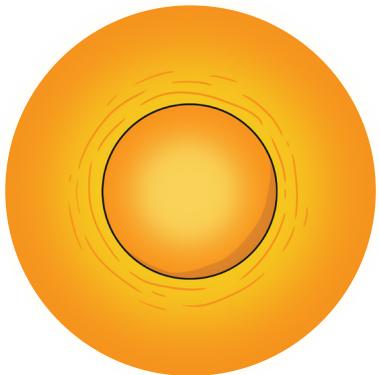
up and down



side to side



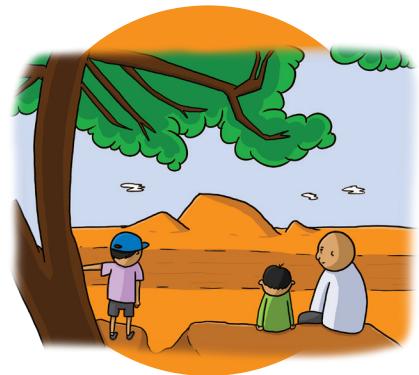
## Sun protection



Protect the scar from the sun, it can change the scar colour



Always put sunscreen (SPF 30) or zinc cream on the scar



Wear clothes that cover the scar, it is important bub stays in the shade



Government of Western Australia  
Child and Adolescent Health Service

This document can be made available in alternative formats on request for a person with a disability.

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