



Wound Care Advice – Steristrips

Most wounds generally take about one week to heal. While healing is taking place we recommend that you protect the area with a clean, dry dressing.

Keep your dressing dry unless otherwise advised by the nurse. Cover your wound with a plastic bag or gladwrap when showering.

Please return to have your dressing changed if it becomes wet or soiled.

If you experience any signs of infection – increase in pain, swelling, redness, smelly or thick discharge of the wound please return to have us check your wound.

Dressing clinics are available for booked appointments- please ask your nurse about these.

Steristrips

Your wound has been closed with special strips of sticky paper.

Keep the wound clean and dry for 5-7 days.

These steristrips will usually fall off by themselves or you may be advised by a doctor or nurse to remove them when the wound is healed.

To remove them when advised you need to gently peel each end of the strip toward the wound and then detach them.

If you need help please either return to your own GP nurse or one of our nurses.

Once removed and healed you may wash and moisturise the area.