

UMD HEALTH SERVICES **WOUND CARE INSTRUCTIONS**

FOR SUTURED WOUND:

- The reasons for suturing include: to close the skin, speed healing, minimize scarring, restore function, and protect against infection.
- Expect some discomfort and swelling after the wound has been closed.
- Take aspirin, ibuprofen, or Tylenol for pain as directed by your provider.
- To decrease swelling; ice the site for 5-10 minutes and elevate(if an extremity).
- It is normal for the stitches to pull or itch after 4-5 days.
- **Call if stitches break and/or wound opens.**

Call: UMD Health Services at 726-8155 M, T, W, F 8:00 a.m. to 4:00 p.m,
Th, 9a.m.-4.m.

After hours call or visit: St Luke's Hospital Urgent Care/Emergency Room at 249-5616
or St Mary's Hospital Urgent Care/Emergency Room at 786-4357

- Your provider will indicate when the stitches should be removed. Return to clinic for removal of the stitches as directed. Minimal scarring is normal when the wound has healed.

GENERAL INSTRUCTIONS:

- Change your bandage in 48 hours. If it becomes wet and soggy or blood soaks through the bandage apply direct pressure and replace bandage. If bleeding does not stop after direct pressure then call UMD Health Services or the Emergency Room.
- To change the dressing: remove the bandage carefully, wetting with plain water for a few minutes if it sticks. Clean any drainage washing gently with soap and water or as otherwise directed by your provider. Apply clean dressing/bandage as directed.
- It can take up to 2 weeks for the complete healing.

***IF YOU OBSERVE INCREASED REDNESS, SORENESS,
SWELLING, GREEN OR YELLOW DISCHARGE, OR IF YOU
DEVELOP A FEVER CALL:***

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