

## Caring for your cut or wound

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Your cut was treated in the Emergency Department or Urgent Care Centre. To keep the edges together while the cut heals, we have used:

- Stitches (sutures) that will absorb and do not need to be removed
- Stitches (sutures) that need to be removed by your health care provider in \_\_\_\_\_ days
- Staples that need to be removed by your health care provider in \_\_\_\_\_ days
- Tape strips (Steri-strips)
- Skin glue (Adhesive)

### **To make sure your cut heals well:**

- Keep the cut dry for at least 5 days. After 24 hours, you can quickly put your hand in water. Gently pat the cut dry with a clean towel.
- Keep the dressing dry. Remove the dressing right away if it gets wet. Replace it with a clean, dry dressing. Do not use plastic-covered dressings or bandaids because they keep moisture in.
- Change the dressing every day, unless your health care provider tells you otherwise.
- You should not go swimming until the cut has healed.
- You should see your health care provider to check the cut and remove the stitches, if needed.

### **What to do with tape strips (Steri-strips)**

- Keep the tape strips dry. They will loosen after several days and come off easily on their own. They do not need to be removed.

## What to do with skin glue (adhesive)

- Keep the area dry. The glue will stay on to protect the cut for 5 to 10 days. Then it will fall off. It does not need to be removed.
- When changing the dressing, do not put tape directly on the glue, because removing the tape may also remove the glue.
- If the cut gets wet, gently pat it dry with a clean, soft towel. Put on a clean, dry dressing if needed. Do not put tape or a bandaid over the glue.
- Do not use creams or ointments (such as Polysporin®) on the cut. They may loosen the glue before the cut is healed.
- Do not scratch, rub or pick at the glue. This may loosen the glue before the cut is healed.
- Until the glue falls off, protect the cut from sunlight or tanning lamps.

### When should I get medical help?

**Call your health care provider if you have any of these problems:**

- the cut is red, swollen or draining fluid
- the edges of the cut open
- bleeding from the cut does not stop
- you have a temperature of 38°C (100.4°F) or higher

**If you have any questions or concerns, please call your health care provider.**