

# How to care for a surgical wound after a fracture or injury

Department of Trauma Orthopaedics

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Information for Patients & Carers

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## Introduction

Due to the COVID-19 pandemic it has been necessary for the hospital to change the way we review patients. This is to protect you, your family and staff, by reducing the number of visits made to the hospital.

We will tell you how to clean and look after your wound, and what to look out for. We will tell you what dressing to put on and how often it needs to be changed.



## How to care for your wound

- You can apply a clean dressing as instructed by staff. Keep your wound clean and dry for 10 to 14 days.
- If you have blue stitches/ clips, these will need to be removed by your **GP** after 10 to 14 days.
- If you have white dissolvable stitches these will fall out over a period of 4 weeks. Once the wound has healed after the 10 to 14 days, you can pull them out when loose.
- If your wound was glued you do not need to do anything as the glue will dissolve over time.
- If you have paper stitches applied, you can peel these off after 7 to 10 days.
- You can get your wound wet once it is dry and has healed, usually after 10 to 14 days. You will then no longer need a dressing.
- If you have been prescribed antibiotics, please make sure you finish the course.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Things to look out for

You will need to contact your **GP** if you notice any of the following:

- Your wound starts to smell and becomes very wet.
- You notice some thick white/ yellow discharge coming from the wound.
- The area around your wound becomes very red and warm to the touch.
- There is an increase in pain and swelling around your wound involving your hand/ arm or foot/ leg.
- Your wound is not showing signs of healing after 2 to 3 weeks.

Please seek urgent advice from either your GP, the NHS helpline 111, or call the number below if:

- You start to feel generally unwell and your wound looks red and warm to touch.
- The redness around your wound starts to spread up your hand/ arm or foot/ leg.

## Contact details for urgent problems

Fracture Clinic & The Professor Harper Trauma Clinic:

If you have any urgent problems you can contact The Professor Harper Trauma Clinic on **0116 258 5430** or **0116 258 5898**.

We are open Monday to Friday - 8.30am to 8pm, and Saturday / Sunday - 10.30am to 6pm.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)