

What happens when I get my stitches out?

Your stitches usually come out somewhere between 7 and 10 days after surgery. This allows the skin enough time to heal, and prevents the stitches from irritating your skin and getting infected. If you use your hand and the stitches are pulling, then it is better to rest it for another day and try again.

At your appointment, you will

1. Have bandages and dressings gently removed - this can take time if blood has congealed onto your dressings
2. Have your wound gently cleaned - this will leave some blood on your skin, not all blood is removed
3. Some patients with hairy or sensitive skin will have some discomfort removing a sticky dressing - this is very variable and depends on the texture of your hair.
4. Have your sutures removed by the clinic nurse.
 1. This is done with a hook blade, by sliding under the stitch, twisting and pulling upwards.
 2. The stitch can sometimes be removed at the same time as your dressing, if it is stuck to the dressing.
5. Once all the stitches are removed, the wound is cleaned again and dressed with a porous, sticky dressing. This allows the wound to be held in place to continue healing and should stay in place for 24 hours.

After your appointment

1. The wound can get wet 24 hours after sutures are removed. This is to prevent contamination of small areas of the wound that can have gapping.
2. You can use your hand as directed by Dr Coll.
3. You can wash your wound clean after 24 hours to remove the residual blood.
4. Please notify Dr Coll's reception if there is any redness or change in the wound. This is very rare after 7-10 days from surgery.

FIXING BROKEN WINGS

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