

Emergency Services

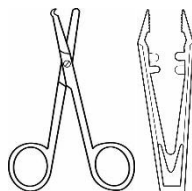
How To Take Out Stitches

Take your stitches out in ____ days.

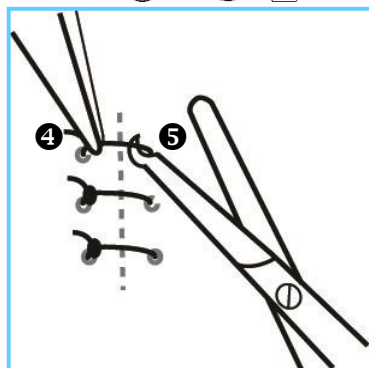
Here is how to take out your stitches

1. Wash your hands with soap and water.
2. Gently wipe your stitches and wound area with warm soapy water and a clean facecloth.

3. Open the package we gave you with the special scissors and tweezers.



4. Use the tweezers to hold the knot of the stitch (④). If you find it hard to hold with the tweezers, hold the knot with your fingers.



5. Slip the curved edge of special scissors under the stitch (⑤).
6. Cut the string on the opposite side of the knot. Be careful not to cut the knot itself.
7. Pull the knot and stitch out completely.
8. Repeat these steps for each stitch.
9. Gently wipe the area again with warm soapy water.
10. Pat the area dry.

What to expect

You might see a small amount of bleeding from where the stitch came through your skin. This is normal.

Once the stitches have been removed

1. Place a bandage over area and leave it on for a day.
2. The next day, remove bandage. Check the area to make sure it is healing. Cover the area with a clean bandage and leave it on for another day.
3. On the third day, remove bandage. Check the area. Leave the area uncovered from now on.

When to get help

Arrange to see your doctor if:

- ☐ You cannot get all the stitches or any pieces of stitches out.
- ☐ The wound bleeds for more than one half hour.
- ☐ The stitched wound opens up and the opening is more than ¼ inch or 0.5 centimetres long.
- ☐ There is thick, coloured pus coming from the wound.
- ☐ You notice the skin around your wound becomes red, and it is hot and sore to touch.

If you have any questions or concerns at any time, contact:

- ▶ Your family doctor
- ▶ Fraser Health Virtual Care: 1-800-314-0999 or live chat online at fraserhealth.ca/virtualcare, 10:00 a.m. to 10:00 p.m., daily
- ▶ HealthLinkBC: 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at HealthLinkBC.ca