

# Lacerations & Incised Wounds

You have been given this information leaflet because you have been diagnosed with a laceration or incised wound.

**Wounds may be closed with a variety of treatments including the following:**

## Sutures and Clips

These will be used on deeper wounds or special areas e.g. over joints or on the mouth.

You will be told prior to leaving when these should be removed. **This will usually be between 5 and 14 days.**



## Caring for a Wound

The wound should be kept clean and dry. Not all wounds will receive a dressing, but you will be advised on this prior to leaving.

You should avoid contact sports and using a swimming pool while your wound is healing. Excessive activity or moisture may cause a delay to wound healing or introduce infection.

**You should watch out for any signs of infection such as:**

- Increased redness and swelling around the wound
- Pus or blood stained fluid from the wound
- Reopening of the wound
- An unpleasant smell from the wound
- If you feel systemically unwell with a temperature

If you are concerned about your wound you should re-attend the department or discuss with your GP.

Unless you have been asked to return to the department, when you leave you should make an appointment with your GP or Practice Nurse to arrange removal.

## Steristrips

These may be used on several different types of wound.

**These paper stitches will stay in place for 5-7 days.** Occasionally with wounds such as pre-tibial lacerations (shin wound) they may be required to stay in place for 14 days or more. These can be removed by yourself when moistened with water, or by making an appointment with your Practice Nurse.

## Tissue Glue

This will be used on superficial wounds. Once a wound is healed the glue will come away from the wound by itself.

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**Emergency Department  
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## Treating Pain

### If needed, painkiller options include the following:

Paracetamol is usually recommended for painful sprains or strains.

Non-steroidal anti-inflammatory drugs (NSAIDs) relieve pain and may also limit inflammation and swelling. You can buy some types (eg, ibuprofen) at pharmacies, without a prescription either topically as a cream, or as tablets. **You should check the medication advice leaflet to ensure you are safe to take these i.e some patients with asthma or stomach ulcers may not be able to.**

If this does not help, you may need an additional stronger painkiller – such as codeine – you should discuss this with your pharmacist or GP.

### Further Information

#### For further advice and information about your condition, please choose from the following:

- 'NHS Patient Choices' website: [www.nhs.uk](http://www.nhs.uk)
- 'Making Lives Better' patient website: [www.patient.info](http://www.patient.info)
- Telephone NHS 111
- Contact your General Practitioner

### Contact details:

The James Cook University Hospital: 01642 850850  
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Northallerton, North Yorkshire, DL6 1JG

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To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

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