



A guide to...

Wound Care

Patient Information

Children's Emergency Department (CED)
Watford General Hospital



Caring for your child following a wound

Your child has a wound that has been treated in this department today.

Pain Relief

LAT gel is a temporary numbing gel used to aid closure. After use, the skin may appear white; this is normal and resolves within a few hours. As this wears off, your child may feel pain sensation return. In this instance, simple analgesia such as paracetamol or ibuprofen can be used at home.

Sutures

Sutures must be removed after five to 10 days, unless they are dissolvable; your clinician will advise you of this. The sutures will be removed by your GP or practice nurse, and you are responsible for making the necessary appointment.

Wound Closure Strips

Wound closure strips can be removed after five days, at home. Soak them off gently as pulling may cause the fragile new skin to re-open.

Glue

Medical glue is designed to treat wounds and does not need to be removed — it wears away once the wound is healed.

The glue is water resistant but avoid soaking your wound in the bath, or swimming.

Keep the wound clean and dry for five days.

Care of your wound

- DO NOT PICK!
- Keep the wound clean and dry.
- Avoid wearing tight clothing that could rub against the wound
- Do not cover with a waterproof dressing — you will be advised of the appropriate dressing, if required.
- Do not apply creams or lotions.
- Once the area is fully healed, gently massage the area with unscented moisturising cream to encourage good wound healing.
- Keep the newly formed scar out of direct sunshine for one year — ensure sunblock is applied if necessary.

Most wounds heal normally, and you probably will not need to see another health care professional again outside of suture removal. However, in some instances, complications can arise including your wound re-opening or infection.

See your GP, or call 111 out of normal surgery hours, if your child develops any of the signs of infection as detailed below:

Signs of Infection

- A raise in body temperature to above 38°C
- Increased redness, pain or swelling at the site.
- An offensive smell from the wound.
- Wound becomes hot to touch.
- A thick yellowy discharge. However, it is normal for there to be clear, straw-coloured fluid weeping from the wound in the first 36 hours.
- If you feel generally unwell or develop a generalised rash.

Return to CED if your child's wound re-opens.

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.uk**



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