



Nursing Instructions for Sutured Traumatic Wound

外傷傷口縫合之護理指導

Reviewed in September 2023

1. Keep the wound and the area around the dressing clean and dry. Avoid wetting the wound area while showering. You can cover the wound with a waterproof bandage during a shower, and remove it after the shower.
2. Closely monitor the wound for any signs of re-bleeding or any abnormal conditions.
3. Eight to twelve hours after the injury, the tissue will continue to swell. Please elevate the injured area to reduce swelling and discomfort.
4. Avoid strenuous exercise in the wounded area to prevent the stitches from being pulled and reopened.
5. Do not apply any ointments or folk remedies to the wound without the doctor's permission to avoid infection and inflammation.
6. If the wound scabs, do not peel the scab off with your hands to avoid damage to the skin tissue.
7. A healing wound may itch. Do not scratch it to avoid breaking the skin and causing infection.
8. Consume a balanced diet rich in protein, such as fish, meat, eggs, and dairy, as well as vitamin C-rich foods, such as fresh vegetables and fruits, to promote wound healing.
9. The wound is at high risk of infection during the first 3-4 days. If there is redness, swelling, sensation of warmth, pain, discharge, fever, or wound dehiscence, please return to the hospital immediately for an examination.
10. Follow up at the outpatient clinic as scheduled for the doctor to monitor the wound healing, change the dressing, and remove the stitches, and take medications as prescribed by the doctor.

We wish you the speediest of recoveries

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**Emergency Department of
Taichung Armed Forces General
Hospital**

We Care For You