

Caring for wounds closed with Steri-Strips™

A nurse or doctor has cleaned your child's wound and Steri-Strips have been used. Steri-Strips are strong, adhesive strips, which help hold the edges of the wound together while it heals.

How to look after your child's wound

- Keep the wound dry. Try and keep it completely dry for the first 24 hours. After this your child can have a brief shower or bath. Gently pat the wound dry, do not rub.
- Avoid soaking the wound for the first 7 days. This includes soaking in the bath or going swimming.
- Do not let your child pick or scratch the Steri-Strips.
- Do not use creams or ointments over the Steri-Strips as this can cause them to come off.
- If the outer edges of the Steri-Strips become loose, they can be trimmed down or taped with a plaster to reduce the risk of them catching and getting pulled off too early. If using tape, make sure that the wound is not covered with the plaster.
- After 5 to 7 days, if the wound has healed and the Steri-Strips have not fallen off, they can be removed by soaking in water and carefully rolling from both ends.

At first your child might need regular painkillers. Use paracetamol or ibuprofen as instructed on the packets. If your child has a pre-existing medical condition, please speak to a doctor or nurse for advice on pain relief.

When to get help

Contact your GP or return to the Emergency Department (A&E) if:

- the wound re-opens or starts bleeding
- the wound shows signs of infection, such as:
 - increasing redness or swelling to the area around the wound
 - pus, discharge or an unpleasant smell from the wound
 - your child develops a high temperature (over 38C)

Wound aftercare

- Once the wound has healed, massaging the scar 2 times a day with a moisturiser or oil will help improve its appearance.
- The scar will be sensitive to sun damage, so make sure it is covered up or sun cream is used before sun exposure.

NHS 111

NHS 111 is a telephone service that offers support and advice 24 hours a day. Please call 111 if you have concerns about your child's health. A fully trained advisor will direct you to appropriate resources or services.

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