

Looking After Your Wound and Scar

Dressings, stitches and the months afterwards

The dressing

- **Keep it clean and dry.** Change it only on the days we tell you, or if it becomes wet or soaked.
- Wash your hands thoroughly before and after touching it.
- For a bath, cover with a plastic sheet taped on all four sides. **Bucket baths and immersion soak the wound** — use a shower or sponge bath instead.
- **Do not apply oil, turmeric, ash, toothpaste, herbal paste or antiseptic powder** to a surgical wound. These are a common cause of infection and reaction.

NORMAL HEALING LOOKS LIKE THIS

A thin line of redness right at the wound edge · mild swelling and bruising · slight tenderness · occasional itching as it heals · a small amount of clear or pinkish fluid in the first two days

INFECTION LOOKS LIKE THIS — CONTACT US

Redness **spreading outwards** from the wound · increasing rather than decreasing pain after day three · the area feeling hot · thick yellow or green discharge · a bad smell · fever · the wound edges separating

After the stitches come out

- The scar is fragile for a few weeks. **Avoid stretching or straining it.**
- Once fully healed and dry, **massage the scar** for a few minutes twice a day with plain moisturiser or coconut oil, using firm circles. This softens it and reduces sticking.
- **Protect the scar from the sun** for at least six months — keep it covered. Sun exposure makes a new scar darken permanently.
- A scar takes **up to a year** to fade and flatten. It will look worse before it looks better.

TELL US IF THE SCAR BECOMES

raised, thick, spreading beyond the original line, hard, or intensely itchy — this can be treated, and earlier is better.

Search: wound care, dressing at home, stitches removal, scar care, infection signs

