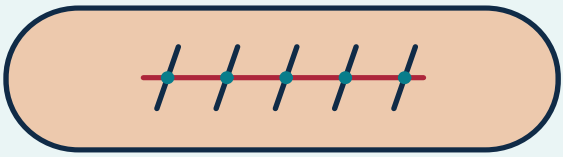
After suturing

Caring for a wound closed with stitches



Stitches hold the wound edges together



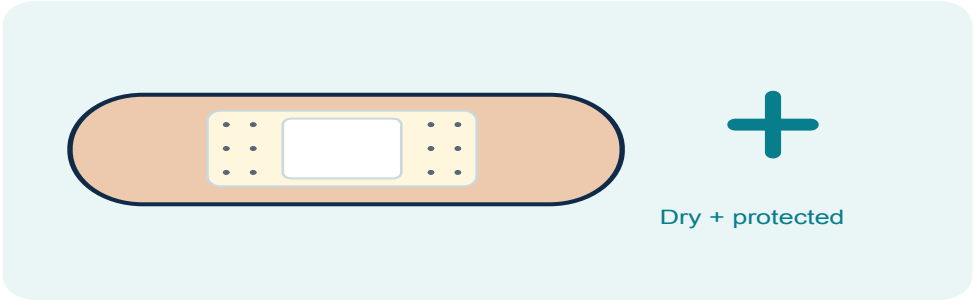
Follow-up

Get help if the wound changes

Arrange prompt review for spreading redness, increasing pain, swelling, pus, fever or a wound that opens.

For bleeding, press firmly with a clean pad. If heavy bleeding will not stop, call 112.

Protect the repair



Clean hands. Clean dressing. Protect from soaking.

Keep it clean and dry

Follow the instructions given when your wound was treated. They take priority over general advice.

Wash your hands before touching the dressing. Keep the wound dry for the first 48 hours unless your clinician says otherwise.

Keep a clean dressing on if advised. Replace it if it becomes wet or dirty; avoid pulling on the stitches.

After washing is allowed

Use a brief, gentle wash and pat dry. Do not soak the wound in a bath or swimming pool while it is healing.

Do not pick scabs or apply creams, antiseptics or other products unless advised.

Healing and follow-up

Help the wound stay together

Avoid stretching, rubbing or heavy activity that pulls on the wound. Ask when work, exercise and swimming are safe.

For discomfort, ask which pain medicine is suitable for you and follow its label or your prescription.

Check your stitch-removal plan

Some stitches dissolve; others need removal. The timing depends on the wound and its position. Do not remove stitches yourself.

Contact the clinic if the removal date is missing or you are unsure which type was used.

Before you leave the clinic

Confirm how to change the dressing, when you may wash, and who to contact if the wound opens.

Wound site / treatment date

Stitch type and removal date

Dressing and activity instructions

Your clinic and care plan

Healthway Medical Centre
9 Mdina Road, Ħaż-Żebbuġ
ZBG 9015, Malta
+356 2033 1155
Mobile: +356 9952 5356
info@healthwaymalta.com
www.healthwaymalta.com

Mon-Fri 09:00-12:00 & 16:00-20:00
Saturday / public holidays 09:00-14:00
Sundays closed, including public holidays.

For emergencies, call 112. Do not wait for an email or clinic reply.

My follow-up date

My clinician's instructions

Guidance and further reading

Guy's and St Thomas' NHS: Stitches: looking after your wound

Healthdirect Australia: Caring for your sutures

Approved for publication 30 October 2026. Original illustrations; general information, not an individual diagnosis. Follow advice from your treating team.