

PLEASE CONTACT YOUR GP, PHN OR THE HOSPITAL IF YOU NOTICE ANY OF THESE:

- Your child's wound is more painful
- The wound is hot to touch or swollen
- There is a change in the smell from the wound
- The colour of the fluid leaking from the wound has changed
- Your child develops a high temperature
- Your child becomes unwell
- Your child becomes more irritable or cranky.
- If your child's dressing or bandage is too tight, loosen it. Contact the PHN, GP or hospital.
- If your child has a reaction to the dressing (only a small number of children have this) or you notice the skin around the dressing is red or itchy, contact your PHN or GP.

FOLLOW UP

Date stitches are to be removed: N/A ___ / ___ / ___

No of Stitches: _____

Your child's next appointment: ___ / ___ / ___

Where: _____

Contact Numbers		
	Name	Phone No
GP		
PHN / Other		
Ward / Dept		

RETURNING TO NORMAL ROUTINE:

School _____

Exercise _____

Other: _____

Remember:

Ask your nurse if you are unsure about anything about your child's care.

Additional instructions

Version 1, Developed by NPDU
Adapted from Information Leaflets from
CHI at Crumlin and CHI at Temple Street

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How to Care For a Child's Wound

Information for Patients, Parents and Carers

Children's Health Ireland

Your child's wound is:

Dressed _____ *Dressing Name(s)*

Exposed Glued Stitched

IF THE WOUND HAS A DRESSING

- Your child's dressing helps protect the wound from injury and infection. Disturbing it may delay healing and cause harm to the wound.
- Keep the dressing clean and dry, as this assists in reducing the risk of infection.
- Please do not disturb dressing unless you are told to do (also see section on glue/stitches)

Dressing can be removed on __ / __ / __

IF THE WOUND IS EXPOSED

- Keep wound dry for _____ days. If showering wear a waterproof plaster and remove this afterwards.
- Your child may shower or bath normally after _____ days once the wound has healed.

IF THE WOUND HAS STERISTRIPS

- Please keep dry. If the ends curl up, you can trim them as they may stick to clothes and drag on the wound.
- If the wound is healed and dry, and the steristrips have not fallen off after ___ days, you may remove them.
- Remove the steristrips gently from the wound to avoid pulling at the wound edges.

IF THE WOUND IS STITCHED OR GLUED

- The wound will be red and tender after stitching or gluing. This should ease as the wound starts to heal in 2-3 days.
- Try not to let your child pick at the scabs or wound. They will come away from the skin when the wound is healed.



Glue	<p>Keep the wound dry for the first 5 days.</p> <p>Avoid excessive movement at the wound site for the first few days.</p> <p>Do not use creams or ointments as these may soften the glue before the wound heals.</p>
Stitches	<p>Keep the wound dry for the first 24hours.</p> <p>Do not let your child swim until the stitches have been removed.</p> <p>If the stitches come out and the wound is open (gaping), see your local doctor or attend the Emergency Department.</p> <p>Dissolvable stitches disappear by themselves and do not need to be removed. This may take up to two weeks, or longer in some cases.</p>

PAIN MANAGEMENT

On discharge home, your child's pain should be well controlled. Pain relief may be prescribed in discharge.

You may also give your child over the counter pain relief as instructed by your pharmacist. Please read and follow the instructions on any medications carefully.

Pain Relief Given Prior to Discharge		
Type	Date	Time

IF YOUR CHILD'S DRESSING / BANDAGE BECOMES WET, FALLS OFF OR BECOMES DISTURBED:



- Wash your hands before touching the wound
- Clean the wound with warm or tepid water
- Pat the wound and skin dry with a clean dry cloth
- Put a clean dressing on to the wound: this can be bought at your local chemist / pharmacy.
- Put the old dressing in a plastic bag before you put it in the bin.
- Wash your hands thoroughly with soap and water after you have put the bandage / plaster in the bin.

TO HELP YOUR CHILD'S WOUND TO HEAL, THEY WILL NEED:

- A Healthy Balanced Diet
- Plenty of Rest
- Time to Recover



WHAT IF I AM WORRIED ABOUT THE WOUND?

If you are worried, you can contact one of the following:

- GP
- Your Public Health Nurse (PHN)
- Urgent Care Centre
- Emergency Department