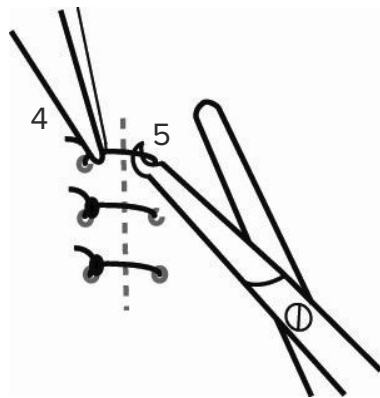
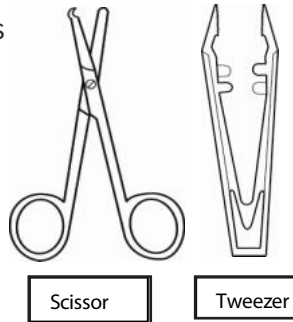


How To Take Out Stitches

Take your stitches out in ____ days.

Here is how to take out your stitches:

- + Get your supplies (bandages, tweezers, scissors, etc.) ready.
- + Wash your hands with soap and water.
- + Gently wipe your stitches and wound area with warm soapy water and a clean facecloth.
- + Open the package we gave you with the special scissors and tweezers.
- + Use the tweezers to hold the knot of the stitch **(4)**.
- + If you find it hard to hold with the tweezers, hold the knot with your fingers.
- + Slip the curved edge of special scissors under the stitch **(5)**.
- + Cut the string. Be careful not to cut the knot itself.
- + Pull the knot and stitch out completely.
- + Repeat these steps for each stitch.
- + Gently wipe the area again with warm soapy water.
- + Pat the area dry.



What to expect

- + You might see a small amount of bleeding from where the stitch came through your skin. This is normal.

Once the stitches have been removed

- + Place a bandage over area and leave it on for a day.
- + The next day, remove bandage. Check the area to make sure it is healing. Look for increasing redness (marks or signs of infection). Cover the area with a clean bandage and leave it on for another day.
- + On the third day, remove bandage. Leave the area uncovered from now on.
- + Wash your hands before and after every bandage change.

WHEN TO GET HELP

See your family doctor if:

- + You cannot get all the stitches or any pieces of stitches out.
- + The wound bleeds for more than one half hour.
- + The wound that was stitched opens up and the opening is more than ¼ inch or 0.5 centimetres wide.
- + There is thick, coloured pus coming from the wound.
- + You notice the skin around your wound becomes red, and it is hot and sore to touch.

How To Take Out Stitches - *Continued*

TO LEARN MORE ASK

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

RECOMMENDED FOLLOW UP

- Follow up with your primary care provider if you have any concerns as listed here.

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Find this information sheet on the BC Emergency Medicine Network website:
www.bcemn.ca/clinical_resource/how-to-take-out-stitches/

bcemn.ca

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

