

Advice for patients treated with steristrips

Your wound has been treated with steristrips (also known as butterfly or paper stitches). These are narrow adhesive strips that help close the edges of small wounds. They are also applied to flap lacerations on thin skin, particularly on the legs in the elderly.

When used and looked after correctly, these are as strong as conventional stitches, with better cosmetic results and without the need for a local anaesthetic.

In order to get the best possible results from this treatment:

- Keep the wound clean and dry, until the steristrips are ready for removal. This tends to be between 5 – 14 days after application, depending on the site of the wound – your doctor or nurse should tell you when this should occur
- Do not subject your wound to excessive bending or stretching, which may re-open the wound
- When removing the steristrips, remove them from the outside in, thus minimizing the danger of re-opening the wound. If the strips are difficult to remove, it may help to moisten them with warm water, before attempting to remove them again.

Most wounds closed with steristrips heal normally, and it is unlikely you will need to return to the department, unless complications develop, such as your wound re-opens or starts to bleed.

You should also seek medical advice if you think your wound may be infected. You might have an infection if:

- The wound becomes more red & swollen
- The pain or soreness of your wound gets worse
- The wound begins to weep and discharge pus
- You have a fever

If you have any queries or concerns about your recent attendance, please contact us on 01709 424455. Alternatively you could contact your GP or practice nurse for advice or visit an NHS walk-in-centre.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281.

