

# Care following stitches

- The approximate time needed for your wound to heal is 1 week.
- Avoid straining the affected area to prevent the wound from opening.
- The wound must be cured every 2 or 3 days as follows:

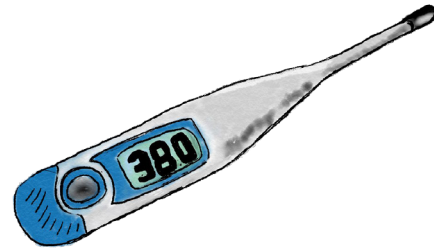
1. Wash your hands with soap and water before the cure.
2. Carefully remove the dressing.
3. Clean the wound with saline solution.
4. Thoroughly dry the wound with clean gauze or a hairdryer.
5. Apply iodized povidone (betadine) to the wound.



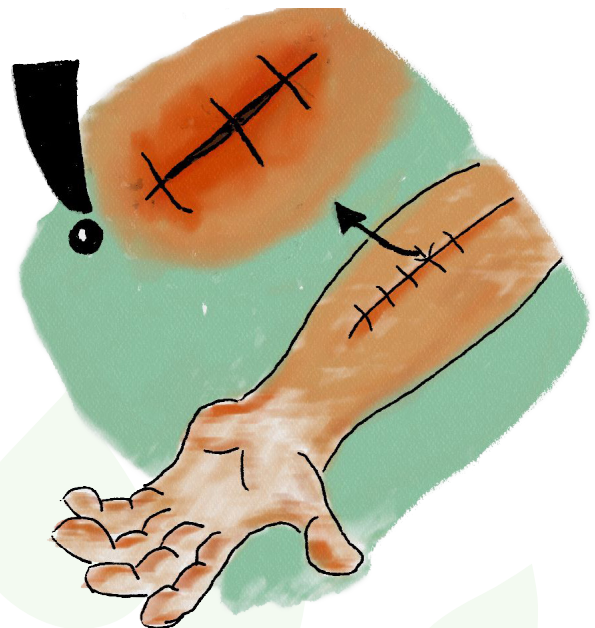
- The stitches are removed after approximately 1 week by your health center nurse (Do not forget to make a prior appointment).

## Consult your doctor if:

1. You have a temperature



2. The temperature, pain in or reddening of the affected area increases.
3. The wound opens.



4. There is discharge.