

Minor Injuries Units

North Dorset:

Blandford Community Hospital

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

Westminster Memorial Hospital

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

Yeatman Community Hospital

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

South West Dorset:

Bridport Community Hospital

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

Lyme Regis Medical Centre

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

Portland Community Hospital

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

Weymouth Community Hospital

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

South and East Dorset:

St. Leonard's Community Hospital

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

Swanage Hospital

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

Victoria Hospital

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare
University**

NHS Foundation Trust

Minor Injuries Unit

Advice on sutures (stitches)



Dorset HealthCare University NHS Foundation Trust

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information
for patients,
relatives and carers**

**Excellence
Compassion
Expertise**

Sutures (stitches)

Unless instructed otherwise, you should not require further attention until the stitches are ready to be removed.

Wound care

- Dressings should be kept dry for 48 hours, with the exception of dressings on the face or head which can be removed after six hours, unless otherwise instructed.
- Do not wear rubber gloves or plastic finger stalls for long periods.
- Where possible, elevate affected area to reduce swelling and pain.
- See your GP if the wound is red, swollen, weeping or increasingly painful.

Do not pick at the stitches or attempt to remove them yourself.

Removal of stitches

Please make an appointment with the practice nurse at your GP surgery for removal of the stitches (unless instructed otherwise).

You have had

..... stitches

They should be removed in

.....days



Further advice

If your condition gets worse, other symptoms develop, or you're generally concerned and need advice quickly, contact NHS **111** or log on to www.nhs.uk/111.

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS **111** number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.