

Emergency Departments

Dorset County Hospital

Williams Avenue, Dorchester
Telephone: **01305 251150**

Poole General Hospital

Longfleet Road, Poole
Telephone: **01202 665511**

Royal Bournemouth Hospital

Castle Lane East, Bournemouth
Telephone: **01202 704167**

Salisbury Hospital

Odstock Road, Salisbury
Telephone: **01722 336262**

Yeovil District Hospital

Higher Kingston, Yeovil
Telephone: **01935 475122**

If you need medical help fast you can call the NHS **111** number, or visit www.nhs.uk/111.

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 there is anything you do not understand or if you require further information, please contact your nearest minor injuries unit or Urgent Care Centre.

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 Steristrips



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



Steristrips

These are paper strips that are used to bring the wound edges together to help your cut to heal.

Wound care

- For finger or hand injuries, do not wear rubber gloves or plastic protectors as they encourage the wound to sweat and make the wound moist and wet. This creates an environment in which infection is more likely to develop.
- If the dressing gets wet, it should be removed immediately, the area dried and cleaned and a dry dressing applied. Steristrips must be left in place where possible.
- Where possible elevate affected area to reduce swelling and pain. Simple painkillers, e.g. paracetamol, can be used as advised.
- After a week, unless instructed otherwise the wound can be washed and the strips will gradually lift off.

Do not forcibly pull them off as you may re-open the wound.

Continued symptoms

If you experience any of the following symptoms please contact your nearest minor injuries unit or consult your GP:

- Any increase in pain of the wound.
- If the wound or surrounding area becomes hot.
- Any spreading redness around the wound or tracking lines away from the wound.
- Any unpleasant smell or odour coming from the wound.
- You begin to feel hot, feverish or generally unwell.

Further advice

If you have any general questions or need advice, contact NHS **111** or log on to www.nhs.uk/111

If you are concerned, please contact your nearest minor injuries unit for advice. The contact details are on the back of this leaflet.

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.

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**