

## Wound glue and steristrips

I have used wound glue or steristrips (butterfly stitches) to close your wound. This is to help the wound to heal effectively and to minimise the chance of infection. You should

- keep the area clean
- Keep the area dry for the first 48 hours (ie wash around the area with a cloth)
- keep an eye on the wound for any signs of infection

## Protecting the area

Resist the urge to scratch as, you may damage the area.

Try to keep steristrips on as long as possible – aim for 3 days. They **must** be kept dry.

With glue you can shower normally after 72 hours but do not rub the area. It is best to have a shower rather than soak in a bath.

After washing, dab your glued area dry with a clean towel, even if the area didn't get wet, to ensure that it is completely dry.

## WOUND GLUE & STERISTRIPS

Dr Maeve Rodgers  
Ringside physician

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*Advice for fighters who have had wound glue  
or steristrips*



## Signs of infection

As well as protecting your wound, watch out for signs of infection such as:

- swelling
- increased redness around the wound
- pus or bleeding from the wound
- the wound feeling warm
- an unpleasant smell from the wound
- increasing pain
- a high temperature (fever)

If you have any of the symptoms above, see your GP or phone NHS24 on 08454 242424. You could also visit an NHS minor injuries unit.

## Glue

Don't try to remove the skin glue - it will come off by itself after 7-10 days.

Don't put creams or lotions on your wound - these could make the skin glue come off too soon. Don't scratch, pick or mess with your wound - the scab will come off once your wound has healed.

## Steristrips

You can remove steristrips yourself. You should not do this for at least 3 days as the wound will not have healed. You can leave them for on up to 5 days. To remove them, simply soak with water and then gently peel off.

## Follow-up

Most wounds closed with steristrips or glue heal normally. You probably won't need to see a doctor or nurse again, unless complications develop.

## Returning to training

Wound healing continues long after your glue or steristrips come off. To give your wound the best chance of healing properly you should not return to training for at least 1 week after the glue or steristrips come off.

Even then you should avoid direct impact or friction to the area for a further 2 weeks.

## Chloramphenicol ointment

For facial wounds I would suggest the use of Chloramphenicol eye ointment 1%. You can buy this in a pharmacy.

Chloramphenicol ointment for use on the skin is not manufactured in the UK. Chloramphenicol **eye** ointment is available but it is not licensed for use on the skin. This means that although the product license is not for this condition, doctors have found that it works well.

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Using chloramphenicol eye ointment on facial wounds is common across the UK. It helps to prevent scarring and also may help to prevent infection.

1. Wash and dry your hands.
2. Squeeze a small amount of the ointment onto your fingertip.
3. Gently rub the ointment into the wound area.
4. Do this 2-3 times a day for 1 week after your glue/steristrips come off.

Remember if in doubt get it checked.