

What are Sutures?

Sutures can be explained as a medical device that is used to hold body tissue together after a wound or surgery. Sutures, also known as stitches, are sterile surgical threads compared to an alternative method like metal staples which also function to repair wounds. Sutures are used to help close deep wounds or cuts to allow the skin to heal. A patient may need sutures if their wound is large and deep. There are two types of sutures, including absorbable and non-absorbable. The absorbable sutures do not require a doctor to remove them, as the enzymes in the body will naturally digest them. Comparatively, nonabsorbable sutures will need to be removed by a doctor days or weeks following the procedure. A doctor will determine the suture material and suture technique to promote healing of a wound. After sutures are placed, patient's and caregivers must take steps to take care of their wound and promote healing. Patient's and caregivers must be educated to keep their wound clean and dry and to use creams or ointments that are recommended by the doctor. It is recommended that any questions or concerns related to sutures should be discussed with the individual's medical team.