

Self Wound Care Guide

DOs

- Keep the wound clean and dry.
- Eat right. Maintain a healthy, well-balanced diet. Take fresh fruits, vegetables and lean protein.
- During shower, keep your dressing dry with a waterproof cover. Ensure that there is a good seal to prevent wetting the wound.
- Change your dressing when it is soiled or wet.
- Consult your healthcare provider on the frequency of dressing change.
- Take your prescribed medications as instructed by the doctor.

DON'Ts

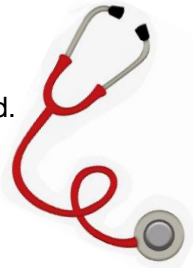
- Do not rub or scratch the wound.
- Do not expose the wound to the air or sunlight.
- Do not apply your own ointment, powder, lotion or traditional medication onto the wound.
- Do not smoke as smoking reduces the supply of oxygen to heal the wound.
- Do not open your dressing unnecessarily before your next dressing review.

Disclaimer: All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your physician.

Date of publication:

PLEASE SEE A DOCTOR IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Wound that is not healing after 5 days.
- Wound that looks yellow, pale, or black.
- Foul smelling yellow/green fluid from the wound.
- Increase in redness around the wound.
- Increase in swelling of the wound.
- Increase in pain of the wound.
- Excessive bleeding from the wound.
- Fever (Temperature $\geq 37.5^{\circ}\text{C}$).



Instructions:

QR code of wound care video



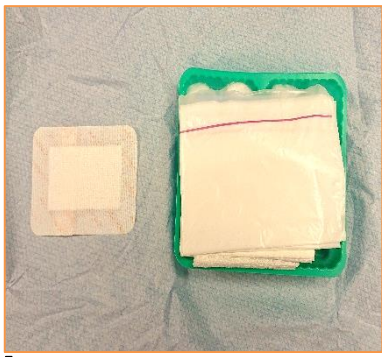
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1. With clean hands, open the dressing set. Put in your supplies.



2. Wash your hands or use an alcohol based hand rub.



3. Take out the trash bag and blue waterproof sheet.



4. Pour cleansing solution into cotton swabs.



5. Squeeze all cotton swabs until semi-dry.



6. Remove and discard the old dressing.



7. Wash your hands or use an alcohol based hand rub.



8. Clean the wound followed by the surrounding skin. Use each cotton swab once only.



9. Pat dry the wound and surrounding skin with gauze.



10. Apply wound product and the new dressing. Touch only the corners of the dressing.



11. Discard all materials into the plastic trash bag.



12. Wash your hands thoroughly.