

WOUND CARE

LEAFLET FOR PATIENT AND CAREGIVER

病患和看护者
伤口护理手册



Your Tools to Good Health
助您保持身体健康的工具



Polyclinics
SingHealth

This leaflet contains advice and measures you can take to help lower the chance of getting your wound infected and to promote wound healing.

WHY IS WOUND CARE IMPORTANT?

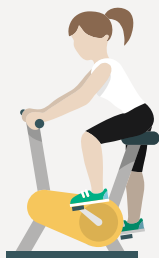
- A break of skin will make it possible for germs to enter the body. It is important to have your wound cleaned and covered with appropriate dressing to prevent infection from settling in.

HOW CAN YOU PROMOTE WOUND HEALING?

- ✓ Regular follow-up appointment with the nurse for change of dressing as scheduled.
- ✓ Maintain a healthy, well-balanced diet. Take more fresh fruits, vegetables and food rich in protein.



- ✓ Exercise as tolerated. Stay active through physical activities if possible.



- ✓ Stop smoking.



DOs

- ✓ Keep your wound dressing clean and dry at all times.
- ✓ During shower, keep your dressing dry with a waterproof cover. Ensure that there is a good seal to prevent wetting the wound.
- ✓ Check your wound daily for:
 - Skin redness
 - Swelling
 - Discharges (blood, pus or greenish fluids)
 - Odour
 - Increasing pain
- ✓ Take prescribed medication as instructed by doctor.



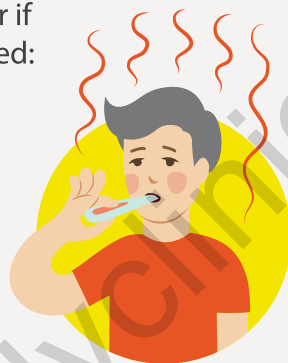
DON'Ts

- ✗ Do not open wound dressing unnecessarily before the next dressing review.
- ✗ Do not rub or scratch the wound.
- ✗ Do not apply your own ointment, powder, lotion or traditional medication on the wound.
- ✗ Do not smoke as smoking delays the process of wound healing.



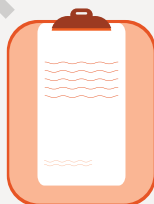
Seek medical consultation with your doctor if any one of the following conditions occurred:

- Fever of 38°C and above.
- Redness, swelling, discharges or unpleasant odour from the wound.
- Active bleeding from the wound.
- Severe pain not relieved by rest or prescribed pain medication.



FOLLOW-UP APPOINTMENT

- Keep your appointment as scheduled.
- Bring along updated memos / referrals (if any) after the review by your Doctor / Podiatrist / Wound Nurse.
- Please bring the wound care product, if any, on each visit.



For change or cancellation of appointment, please call the SingHealth Polyclinics hotline at: 6643-6969

请参考和采用本手册的建议和护理方法，以加速伤口愈合，减低感染风险

护理伤口为什么那么重要？

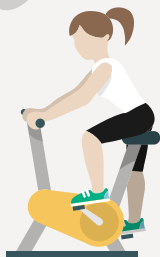
- ✓ 破损的皮肤将让细菌有机可乘，侵入人体。仔细清理好伤口，贴上/包上适合的敷料，可以预防感染。

如何加速伤口愈合？

- ✓ 定期复诊，让护士为伤口更换敷料。
- ✓ 摄取健康均衡的饮食，食用更多新鲜蔬菜 and 水果，以及富含蛋白质的食物。



- ✓ 酌量运动，尽可能活动身体，保持活跃。
- ✓ 停止吸烟。



切记

- ✓ 时刻保持敷料干净清爽。
- ✓ 在洗澡时贴上防水贴，防止弄湿敷料仔细贴好，以免弄湿伤口。
- ✓ 每天查看伤口，是否出现：
 - 皮肤发红
 - 肿胀
 - 分泌物(血液、脓液或青黄色液体)
 - 异味
 - 痛感加剧
- ✓ 根据医生指示，服用开处的药物。



切勿

- ✗ 在不必要的情况下，还没到敷料检查时间就拆开敷料。
- ✗ 用手抓和搓揉伤口。
- ✗ 自行在伤口涂抹药膏、药粉、乳液或传统药物。
- ✗ 吸烟。吸烟能延缓伤口愈合。



何时该求医？

出现下列任何一种情况时，请即求医：

- 发烧达摄氏38度或更高。
- 伤口发红肿胀、出现分泌物，或发出异味。
- 伤口持续出血。
- 剧烈疼痛，休息或服用止痛药也无法止痛。



定期复诊

- 定期复诊。
- 带上接受医生、足科医生或伤口护理护士检查后，最近的病例卡或转介信(如有)。
- 如有使用伤口护理用品，请在每次复诊时带上。



如欲更改或取消预约，请拨电新保集团综合诊所热线：
6643-6969

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