PLEASE SCAN FOR
THE LOCATION

Aster
HOSPITAL
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Mankhool, Kuwait Road, Al Mankhool - Dubai

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DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



SURGICAL WOUND CARE AT HOME

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DIGITAL VERSION

HOW TO CARE OF SURGICAL WOUND AT HOME

• There are different types of surgical wounds, so it is important to follow the advice you receive when you are discharged from the hospital.

A lot of wound heals without any problem. However, the most common complication after surgery is wound infection. This means that germs have started to grow in the wound. An infection usually delays normal wound healing.

If a wound becomes infected it may :
• Become more painful
• Look red or swollen
• Foul odor or pus coming from the wound
• You may develop high temperature

• Your doctors and nurses will do everything that can help your wound heal quickly and prevent your wound from becoming infected while you are in hospital, but it is important that you know how to take care of your wound at home in order to reduce the risk of developing wound infection.

• All wounds heal in the same way. First, new red tissue builds up in the bottom. Then new skin grows in from the edges and covers the red tissue. Your wound will heal fastest if you create the best conditions for new tissue to grow.

• There are number of measures you can take to lower the chance of your wound getting infected and to promote the wound healing.

WHAT YOU SHOULD DO

Wash your hands

The most important thing you and your caregivers can do to prevent infection is to wash your hands. You can use soap and waters, or an alcohol-based hand rub. Wash before and after touching your wound.

Changing the dressing

• Dressings keep out germs and protect the wound from injury. They also help absorbs fluid that drains from the wound and could damage the skin around it. The original dressing can be left in place for up to two days or advised by the doctors, as long as it is not oozing. The wound must be kept clean & dry. If the dressing becomes wet from blood or any other liquid, it must be changed. When you change the dressing make sure you have gauze pads, a box of medical gloves, surgical tape, plastic bag and scissors. Then :

• Prepare supplies by opening the gauze packages and cutting new tape strips
• Put on medical gloves
• Loose the tape around the old dressing
• Remove the old dressing
• Remove the gloves. At this point, if your doctor told you to do so.

Follow instructions below :

• Wash your hands and put on another pair of medical gloves
• Inspect the incision for signs of infection
• Clean the incision according to the steps
• Hold a clean, sterile gauze pad by the corner and place over incision
• Tape all four sides of the gauze pad
• Put all trash, including gloves in a plastic bag
• Seal plastic bag and throw it away
• Wash your hands

CLEANING AN INCISION

To clean the incision :

• Gently wash it up with soap and water to remove the crust
• Do not scrub or soak the wound
• Do not use rubbing alcohol, hydrogen peroxide or iodine, which can harm the tissue and slow wound healing
• Air dry the incision or pad it dry with a clean, fresh gauze before reapplying the dressing

• Do not remove the tape strips (steri-strips) from incision, unless doctors advise.

Make sure you :

• Wash your hands with soap and water
• Carefully take the dirty dressing off without touching the used side
• Do not touch the healing wound with the finger
• Do not expose to direct sunlight as new skin formed on the cut is very sensitive
• Do not apply antiseptic cream under the dressing

• Please note : some surgeons prefer to open the dressing on the next visit in the clinic, so you need to keep the wound dry. Use plastic bag while taking shower.

Take care of stitches:

• Dissolving stitches usually disappear in 7-10 days. Other stitches need to be removed after 14 days. Your doctors and nurse will tell you when to have those stitches removed at the time of discharge.

• You may see nylon threads (the end of the stitches) poking out of the healing scar. Please do not pull on these, if the loose ends are catching the clothes cover the wound until the stitches are removed to prevent them catching.

Bath and Showering :

• You will be advised to wait 24 hours before showering.

Please remember the below points :
• Showering is preferable to bathing

• Soaking the wounds might soften the scar tissue and cause them to open up
• Some waterproof dressings can be left in place whilst you take a bath or shower
• Do not put any soap, shower gel, body lotion and talcum powder or other product to your healing wound. It will cause discomfort and may also encourage an infection

Be careful : Protect the wound from trauma or injury. Don't let anything touch it or bump it.

Eat right :

• Eating the right foods gives your body the building blocks it needs to heal. To heal, you need more calories, high protein diet and more nutrients. Wound heal faster if you get enough of the right foods and if you don't, they heal more slowly.

• Stop Smoking : Reduce the amount you smoke as smoking causes blood vessels to constrict and delays the flow of oxygen and nutrients through your blood vessels which are important for wound healing.

• If you are diabetic : Ensure your blood sugar levels are under control.

If you notice

• Increased drainage or bleeding from the wound
• Redness in or around the wound
• Swelling
• Foul odor or pus coming from the wound
• High grade fever or chills
• The wound site or surrounding area feels warm to the touch
• Increased pain at the wound site

FOLLOW UP

Come for regular follow up in the hospital as per your doctor advice in order to facilitate quick recovery.

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