

# Caring for your wound at home

Trauma & Orthopaedics

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

# Nurse led clinic advice sheet

This leaflet is to inform patients that have been seen in nurse led clinic, with guidance about caring for your wound at home.

You have been seen by a nurse today in Fracture Clinic at New Cross Hospital.

## What can I expect if I have had stitches or clips removed?

If you have had stitches or clips removed today, a dry dressing may have been put over the wound. This dressing can be removed in 24 hours. If the wound is clean and dry, this dressing may be left off completely.

You may also shower as normal after 24 hours. Avoid using perfumed soaps directly onto the wound until completely healed. Gently pat dry the skin after washing.

Once completely healed, an un-perfumed moisturiser can be used to gently massage the wound to help with the appearance of the scar.

## What do I do if my wound needs ongoing dressing changes?

If you have a wound that requires ongoing dressing changes, the nurse will have informed you of your next appointment at the clinic for a dressing change. Alternatively, the nurse will have advised you how to change the dressing yourself at home and you will have been given a supply of these.

Do not interfere or remove your dressing unless you have been advised to do so. Prevent contamination by regularly washing your hands.

## What are the signs of infection?

It is important to look out for the following:

- Red and swollen skin around the wound
- Offensive smell from the wound
- Increased pain from the wound
- Green or yellow discharge
- Feeling generally unwell or a raised temperature

## What do I do if any of these symptoms occur?

If these symptoms occur, you must contact nurse led clinic or your GP for an urgent appointment or advice. Out of hours, you should visit the Emergency Department.

It is important that you keep all your appointments in nurse led clinic, consultant or physiotherapy.

## Who do I contact if I have a problem?

For any problems or concerns, please contact nurse led clinic on 01902 307999 ext 85380. The clinic is open Monday to Friday, 9am until 5pm. Excluding bank holidays.

## Other sources of advice:

- GP / practice nurse.
- Wound care websites.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。