

Five Essential Wound Care Tips

Wound care for surgical patients after discharge.

Here are some helpful wound care tips. Please follow your doctor's specific instructions in addition to the below.

1

Hand hygiene is important before and after wound care at home.

2

Your wound should be cleaned with a normal saline solution. You can buy this solution at a pharmacy or make your own solution at home:

- Boil water and let it cool down in a clean container.
- Add ½ teaspoon of normal table salt in 250ml of this water.
- Make sure it dissolves completely. (This solution can be kept for 24 hours and should then be thrown away and new solution made.)

3

Clean the wound area with gauze and saline solution.

Do not:

- Clean your wound using cotton wool or any other disinfection ointment or solution (unless prescribed),
- Scrub or rub the incision site,
- Use lotions or powders on the incision, or
- Take a bath: rather take a shower until the doctor tells you that it is safe to bath (and get the incision wet).

4

Keep your wound covered with a waterproof dressing for at least 3 days after surgery.

5

Contact your doctor/surgeon if you see any of the following:

- Skin surrounding the wound area becomes red, painful or swollen.
- A yellow or green discharge appears.
- The wound starts to bleed.
- You develop a fever.
- Your pain levels increase.