



Guide for self wound care of ED patients

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1. Gather the supplies: sterile cotton swabs, normal saline solution, sterile gauze pads, adhesive tape, ointment.
2. Steps for your wound:
 - (1) Wash both hands with soap and water before you care for your wound.
 - (2) First observe the wound situation, such as secretions become more or suppuration or looks different or smell bad odor.
 - (3) Remove the gauze on the wound. Use normal saline to moisten the wound if the gauze is attached to it.
 - (4) Use a cotton swab soaked in normal saline solution to clean the affected area.
 - (5) Starting at the central part and wipe outward in circular pattern without going back to the center.
 - (6) Use a new cotton swab and soak it into better ointment and repeat the above procedure.
 - (7) Allow the wound air dry and then cover with gauze pad. The wound should not be covered if it is a superficial abrasion.
 - (8) Change the swabs for each of these steps. Using the wound as the center of the circle and clean from inside outward in circular pattern. The covered area should at least be 1-2cm larger than the wound.
 - (9) When using adhesive tape, do no plaster on the same part of the skin each time you change dressing to prevent damage to your skin.
 - (10) Wash both hands with soap and water after you care for your wound.
3. Care for your wound:
 - (1) Keep the wound dressing dry and clean. Do not get the wound wet.
 - (2) Tissue will keep swelling 8-12hours after being injured. Please raise the injured part to reduce swelling.
 - (3) If the injured part is on the joint, it should be kept straight. Avoid dramatic exercise to prevent the sutured site from rupture due to traction.
 - (4) Do not apply any ointment which is not prescribed by the doctor on the wound to prevent inflammation.
 - (5) Take medication according to prescription on time.
 - (6) Wear comfortable and loose clothing to avoid pressure on the wound.
 - (7) After you go home from ED, remember to return for OPD follow up 2-3days later. If you have sutures, return to OPD in 5-7days to remove the stitches.

Please return to the hospital immediately (inform the doctor or nursing staff) if you notice any of the following: any sign of wound infection such as: redness, pain, swelling, purulent discharge, or fever. Mackay Memorial Hospital Direct contact phone: Taipei (02) 2543535 extension: 3124, Tamsui (02) 28094661 extension: 2662

Mackay Memorial Hospital Emergency Department

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Signature:

Relation to patient:

Date: