

伤口护理居家计划

Wound Care Home Program (Chinese)

使用以下伤口敷料: Use the following wound dressing:

- Xeroform® 凡士林敷料 Xeroform®
- Polymem® 保立美敷料 Polymem®
- Vaseline® 凡士林纱布 Vaseline® gauze
- 干纱布 Dry gauze

每日更换 ___ 次 Change _____ times per day

注意以下迹象: Watch for the following signs:

- 太过潮湿 (皮肤呈现白色、褶皱, 且潮湿)
- 发红, 疼痛/肿胀增加, 伤口有分泌物 (感染的迹象)
- 只有当您注意到太潮湿时, 才改用干纱布
- 如果发现感染迹象, 请通知您的医生
- Too much moisture (skin appears white, puckered, and wet)
- Redness, increased pain/swelling, discharge from wound (signs of infection)
- Switch to dry gauze only if you notice too much moisture
- Notify your doctor if signs of infection are noted

护理您的缝线: Caring for your stitches:

- 保持缝线干燥清洁

- 洗澡时用塑料盖住，或让手臂远离水
- 用湿毛巾清洗缝线周围的区域，避开切口/伤口
- Keep stitches dry and clean
- Cover with plastic while bathing or keep arm away from the water
- Wash the area around the stitches with a damp washcloth, avoiding the incision/wound

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作者 Author: Heather Nicholas, OT, CHT

审核员 Reviewer: Carole Dodge, OT, CHT

翻译：密西根医学部翻译服务

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