

Prevent Surgical Site Infection

預防手術部位感染

Care Advice

護理須知



Gleneagles Hospital

HONG KONG

港怡醫院

Monitor the Wound Condition Closely 密切監察傷口情況

- Maintain good personal and environmental hygiene.
保持良好的個人和環境衛生。
- Signs of local wound infection include pain, swelling, redness, hotness, odour, abscess formation and rotting etc.
局部傷口感染徵狀包括痛楚、紅腫、發熱、異味、出血或含膿、腐爛等。
- Bodily signs of infection include fever, trembling, increased breathing and heart rates, headache, nausea, loss of appetite and general discomfort etc.
傷口感染全身徵狀包括：發燒、震顫、呼吸和心跳加速、頭痛、噁心、食慾不振和身體不適等。
- If there are any redness, blister or other reaction around the wound:
如傷口周圍有紅腫，起泡或其他反應：
 - ✓ Do not pierce any blister
不要刺破任何水泡
 - ✓ Do not apply any ointment to the wound area
不要於傷口範圍塗任何藥膏
 - ✓ Consult a doctor as soon as possible
盡快諮詢醫生
- Should there be any signs of infection or wound discomfort, please seek medical advice as soon as possible.
如有任何感染徵狀或傷口不適，請盡快看醫生。



Follow up 覆診

- Please attend follow-up appointment at hospital or clinic as scheduled
請於指定日期到醫院或診所覆診
- Arrange early follow-up appointment if necessary
如有需要，應提早覆診

Should you have any queries, please consult nurses immediately.

如有任何疑問，請即向護士查詢。

Information were provided by the Infection Prevention and Control Department of Gleneagles Hospital Hong Kong.
資料由港怡醫院感染預防及控制部提供。

References 參考資料

1. Basic Principles of Wound Care, Smart Elders, Hospital Authority
醫院管理局智友站：基本傷口護理原則
2. Wound Self Management Program, Home and Community Care, North East LHIN

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address
1Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址
香港黃竹坑南風徑1號

Mainline 電話 +852 3153 9000
Service hotline 服務熱線 +852 2122 1333
Fax 傳真 +852 2528 0081

www.gleneagles.hk

 港怡醫院
Gleneagles Hospital Hong Kong

Prevent Surgical Site Infection 預防手術部位感染

Care Advice 護理須知



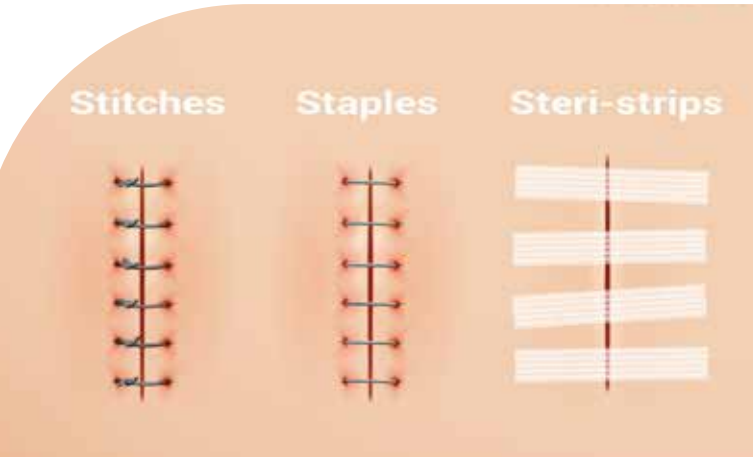
 **Gleneagles Hospital**
HONG KONG
港怡醫院

Surgical Wound 手術傷口

- A surgical wound is the cut made to the skin by the surgeon during an operation.
手術傷口是指外科醫生在手術過程中對皮膚造成的切口。
- At the end of the operation, the cut is joined back together with either stitches, Steristrips or adhesive dressings, to allow edges to come together and heal.
在手術結束時，外科醫生會使用縫針、免縫膠帶或粘性敷料將切口重新結合在一起，以使切口邊緣融合並癒合。

Wound Healing 傷口癒合

- The skin edges usually form a seal within a or day or two following the operation, but it may vary from person to person and from operation to operation.
皮膚邊緣通常在手術後的一兩天內形成密封狀態，但情況可能因每種手術而不同及因人而異。
- Wound infection is one of the common complications after surgery that affect wound healing.
傷口感染是最常見影響傷口癒合的併發症之一。



Enhancing Healing 促進傷口痊癒

- Maintain a balanced diet, which keeps your skin strong and helps wounds heal. If you are having difficulty difficulty in eating after surgery or other diet restriction, please consult the attending doctor or nurses before discharge.
飲食均衡，可以保持皮膚強壯並幫助傷口癒合。如手術後進食有困難或有其他飲食限制，出院前請諮詢主診醫生或護士。
- For diabetic patient, blood glucose level should be kept stable.
糖尿病病人應保持血糖水平穩定。
- Exercise moderately to enhance blood circulation.
適量運動以促進血液循環。
- Quit smoking to promote blood flow and minimise risk of wound infection.
戒煙以改善血液流動並將傷口感染風險減到最低。

Prevent Surgical Wound Infection – Home Care 預防手術傷口感染–家居護理

Dressing 敷料

- Keep the dressing intact til the follow-up appointment, unless being advised by medical staff to change the dressing at home.
除非醫護人員建議您在家更換敷料，否則應保持敷料完好直至覆診。
- Keep the dressing clean and dry.
保持敷料清潔乾爽。

- If dressing is accidentally dislodged:
如敷料意外脫落:
 - ✓ Immediately cover the wound with sterile gauze, if available
應立即使用消毒紗布（如有）覆蓋傷口
 - ✓ Attend a clinic nearby for emergency handling if no sterile gauze is available, and then make an early appointment with your attending doctor for proper wound management
如沒有消毒紗布，應先到附近診所處理，並盡早約見您的主診醫生，以妥善處理傷口



Bathing and Showering 浸浴與淋浴

- Consult nurses to check if bathing and showering are allowed.
諮詢護士以了解可否浸浴與淋浴。
- If allowed, please pay attention to the following points:
如允許，請注意以下事項：
 - ✓ Make sure waterproof dressing material is used to protect your wound from getting wet
確保已使用防水敷料保護傷口，避免弄濕

- ✓ Showering is recommended
建議淋浴
- ✓ Do not rub the wound areas, to prevent causing pain and peeling off the dressing material
切勿摩擦傷口部位，以免引起疼痛及令敷料鬆脫
- ✓ Pat dry gently after showering with a clean towel
淋浴後，使用潔淨的毛巾輕輕拍乾

Wound Care to Minimise Harm 傷口護理 減少傷害

- Avoid rubbing or squeezing the wound.
避免摩擦或擠壓傷口。
- Do not wear tight clothing.
切勿穿著緊身衣物。
- Avoid bandaging too tightly.
避免傷口包紮過緊。
- Exercise moderately and gently but avoid over stretching the wound.
適量輕柔運動，但避免過度拉扯傷口。

