

Taichung Armed Forces General Hospital
Leaflet of Inpatient Nursing Instructions
傷口照護之護理指導

Sir/Lady:

Nursing instructions for wound care

- I. Purpose: To reduce wound infection, promote wound healing, and keep the wound and the area surrounding dressing clean and dry.
- II. Steps:
 1. For minor wounds, such as abrasions, you need to apply the medications on your own. First clean the wound with saline by wiping it in a spiral motion from the inside out. Then, dry it with a clean cotton swab. Apply the prescribed ointment and dressing.
 2. Change the medications according to the doctor's prescription.
 3. Supplies can be purchased at medical supply stores or pharmacies. Figure 1
 1. Wash and dry your hands.
 2. Remove the dirty gauze from the wound, then observe the size, depth, and the color, amount, and odor of the exudate.
 3. Use a sterile cotton swab dampened with saline (use a new swab for each pass) to remove any exudate from the wound in a circular motion from the center outward. Figure 2
 4. Use a sterile cotton swab dampened with water-soluble iodine solution (use a new swab for each pass) to disinfect the wound in a circular motion from the center outward to the surrounding skin. Figure 3
 5. After 2 minutes or once the iodine solution dries, use a sterile cotton swab dampened with saline to remove the iodine solution.
 6. After drying, cover the wound completely with a hydrophilic dressing or sterile gauze, and secure it with paper tape.
 - (4) Keep the wound and the area surrounding dressing clean and dry.
- III. Precautions:
 1. Hydrophilic dressings do not need to be changed unless there is fluid leakage.
 2. Avoid intense physical activity or any impact to the wound before the stitches are removed.
 3. If the wound has burst open, return to the hospital to seek medical treatment immediately.
 4. Do not peel off any scabs from the wound with your hands, as this can cause damage to the skin tissue.
 5. Itching around the healing wound is normal; however, do not scratch it to avoid breaking the skin that causes infection.
 6. If there is redness, swelling, heat, pain, discharge, or fever around the wound and skin, return to the hospital to seek medical attention immediately. Figures 4 and 5
 7. Do not apply herbal medicine to the wound.

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8. Consume a balanced diet rich in protein, such as fish, meat, eggs, and dairy, as well as vitamin C-rich foods such as fresh vegetables and fruits, to aid in wound healing.

Figure 1. Preparation of supplies



圖三 水溶性優碘消毒

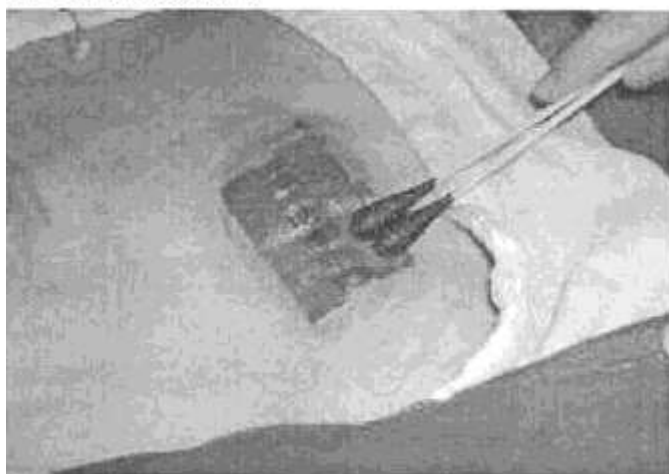


Figure 2. Wound disinfection with saline



圖四 正常傷口



Figure 5. An inflammatory wound



If you are still unclear about something or have any questions, please contact the nursing station in the ward.