

# Boils

Boils are painful bumps that are filled with pus. Boils form under the skin when bacteria infect a hair follicle. A follicle is where a hair forms. Boils may occur anywhere on the body, but are most often found on the face, neck, armpits, buttocks and thighs. A boil often lasts about 14 days.

## Signs of Boils

A bump or open sore that:

- Grows quickly, often within 24 hours
- Is red, yellow or white at the tip
- Has drainage or pus as the boil breaks open
- Swells
- Is warm
- Is tender or painful

## Your Care

- Keep your skin clean.
- Do not pick or squeeze the boil. Bacteria can spread to nearby skin and cause new boils.
- Apply a clean, warm, wet washcloth to the area several times a day to aid healing and reduce swelling.

## Call your doctor if you have:

- Signs that worsen
- A very painful boil
- A boil that has not healed in 14 days
- A large boil
- A fever
- More boils
- Red lines coming out from a boil. This may be a sign that the infection has entered your blood stream.

**Talk to your doctor or nurse if you have any questions or concerns.**

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# 疔

疔是内部化脓的肿块，非常疼痛。疔是细菌感染毛囊后在皮下形成的。毛囊是毛发的生发地。身体的任何部位都可能生疔，但是最常见的部位是面部、颈部、腋窝、臀部和腿部。疔的持续时间往往达到 14 天。

## 疔的症状

肿块或溃疡：

- 发展迅速，往往在 24 小时内
- 尖部是红色、黄色或白色
- 疔破后，有渗出液或流脓
- 肿胀
- 有灼热感
- 压痛或疼痛

## 自我护理

- 保持皮肤清洁。
- 不要挑破或挤疔。细菌可能因此扩散到周边皮肤，导致新的疔出现。
- 每天用干净的布沾热水湿润后擦拭数次，以加快痊愈和消肿。

## 如有以下情况，请找医生：

- 症状恶化
- 非常疼痛
- 疔在 14 天内未痊愈
- 疔很大
- 发烧
- 出现更多的疔
- 疔上出现红线。出现红线可能是感染进入血液的征兆。

**如有任何疑问或担心，请向医生或护士提出。**

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Boils. Simplified Chinese.