

Boils

Boils are painful bumps that are filled with pus. Boils form under the skin when germs called bacteria infect a hair follicle 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 takes about 14 days to heal.

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 the infection to spread.
- Apply a clean, warm, wet washcloth to the area several times a day to aid healing and reduce swelling.

おでき

おできは膿が溜まった腫れで、痛みをともないます。おできは、毛が生えてくる毛包という部分が病原菌（細菌）に感染したときに皮下にできます。おできは身体のどこにでもできますが、顔、首、脇、および臀部にできることがよくあります。おできは消えるまで、14 日間ほどかかります。

おできの兆候

おできや潰瘍には以下のような兆候があります。

- 大きくなるのが早く、往々にして 24 時間以内に大きくなる
- 先端部が赤、黄、白色
- おできが壊れると膿がでる
- 腫れがある
- 熱を持つ
- 圧痛などの痛みを感じる

治療

- 皮膚を清潔に保ちます。
- おできを押したり、絞ったりしないでください。細菌が周りの皮膚に広がり、感染が広がります。
- 治るのを早め、腫れを軽減するために、温水で湿らしたタオルを1日数回、患部にあててください。

Call your doctor if you have:

- A very painful or large boil
- A fever
- New boils
- Red lines coming out from a boil. This may be a sign that the infection has entered your blood stream.
- A boil that does not improve by day 10
- A boil that has not healed in 14 days

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

以下の症状が現れた場合は担当医に連絡してください。

- おできが非常に痛む、または大きい
- 発熱
- 新しくおできができる
- おできから赤いすじが出る。感染が血流に広がったことを示すことがあります。
- 10 日経過しても改善しない
- 14 日経過しても治らない

質問や不明な事項については、担当医または看護師にご相談ください。

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Boils. Japanese.