

Incision Care: No Dressing

Your incision is to be left uncovered and open to the air.

Your Care

- Check your incision for signs of infection:
 - ▶ Warmth
 - ▶ Swelling
 - ▶ Redness
 - ▶ Change or increase in drainage
- If you are allowed to shower, let the water run over your incision. Do not let the spray directly hit the incision. Pat your incision dry.
- Do not soak your incision in water. This includes bathtubs, swimming pools and hot tubs.
- If you have staples or sutures on your incision, they will be removed at your doctor's office.
- If you have tapes called steri strips on your incision, they will fall off on their own. Do not pull them off. You may trim the edges as they curl.

Call your doctor right away if you have:

- Any signs of infection such as warmth, swelling, redness or change or increase in drainage
- Opening up of the incision
- Increased bleeding or pain
- Loss of appetite, nausea or vomiting

चीरे की देखभाल: कोई ड्रेसिंग नही

आपका चीरा खुला छोड़ देना चाहिए और इसपर हवा लगती रहनी चाहिए।

आपकी देखभाल

- अपने चीरे में संक्रमण के लक्षणों की जांच करें:
 - ▶ गर्माहट
 - ▶ सूजन
 - ▶ लाली
 - ▶ स्राव में बदलाव या बढ़ोतरी
- यदि आपको शॉवर की अनुमति मिलती है, तो अपने चीरे पर पानी पड़ने दीजिए। चीरे पर सीधे छिड़काव न होने दें। अपना चीरा सुखाने के लिए थपथपाएं।
- अपना चीरा पानी में तर न होने दें। इसमें बाथटब, स्विमिंगपूल और हॉट टब शामिल हैं।
- यदि आपके चीरे में टांके या सिलाई है, इन्हें आपके डॉक्टर के क्लिनिक में निकाल दिया जाएगा।
- यदि आपके चीरे पर स्टेरी स्ट्रिप्स नामक टेपें लगी हैं, वे अपने आप ही झड़ जाएंगी। उन्हें खींचकर न उतारें। आप उनके मुड़ने से पहले किनारों की छंटाई कर सकते हैं।

अपने चिकित्सक से तुरंत सम्पर्क करें, यदिरू:

- किसी संक्रमण के लक्षण जैसे गर्मी, सूजन, लाली या स्राव में बदलाव या बढ़ोतरी हो
- चीरा खुल जाना
- रक्तस्राव या दर्द में बढ़ोतरी
- भूख न लगना, उबकाई या उल्टी आना

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

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यदि आपका कोई प्रश्न या चिंता हो, तो अपने डॉक्टर या नर्स से बात करें ।

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Incision Care. Hindi.