

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

절개 상처 관리: 붕대 없이

절개 상처 붕대를 풀고 공기에 노출한다.

자기관리 방법

- 상처 감염 여부를 확인:
 - ▶ 뜨겁하다
 - ▶ 부었다
 - ▶ 빨갱다
 - ▶ 부위에서 나오는 배액이 많아졌다
- 샤워를 해도 된다고 하면 상처 부위로 물이 흐르도록 한다. 물뿌리개가 상처에 직접 닿지 않도록 한다. 상처의 물기는 수건으로 짊어서 건조시킨다.
- 절개 부위를 물에 담그지 않는다. 욕조 목욕, 수영할 때, 온수 욕탕 등이 다 여기에 포함됨.
- 스테이플이나 실로 상처를 봉합했다면 병원에서 뽑아준다.
- 절개 부위에 소위 STERI STRIP이라는 테이프를 붙였으면 저절로 떨어질 때까지 놔두십시오. 절대로 잡아 당겨 뽑지 않는다. 들뜬 모서리는 가위로 다듬어도 됨.

아래와 같은 경우 의사에게 즉시 연락:

- 뜨겁하거나, 붓거나 빨갱게 되었거나 배액의 양이 많아짐
- 상처 부위가 벌어짐
- 피가 나거나 통증이 더 심해짐
- 식욕 상실, 멀미 구토 증상

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

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질문이나 문제가 있으면 의사나 간호사와 상담하십시오.

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Incision Care. Korean.