

# 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

# Уход за хирургическими разрезами: без повязки

Ваш разрез должен быть непокрытым, чтобы обеспечить доступ воздуха.

## Медицинский уход

- Проверьте, нет ли признаков инфекции в месте разреза:
  - ▶ Ощущение тепла
  - ▶ Припухлость
  - ▶ Покраснение
  - ▶ Изменение или увеличение дренажа
- Если Вам разрешено принимать душ, то вода должна только омывать место разреза. Не направляйте струю прямо на разрез. Насухо промокните место разреза.
- Не мочите разрез в воде. Это относится к принятию ванны, плаванию в бассейне, нахождению в джакузи.
- Если на Вашем разрезе есть скобы или швы, их необходимо снимать в кабинете врача.
- Если на Ваш разрез нанесены ленты, которые называются стерильными полосками, они отпадут сами. Не снимайте их. Вы можете подрезать края, когда они начнут отклеиваться.

## **Немедленно позвоните своему врачу, если у Вас:**

- Любые признаки инфекции, такие как теплота, распухание, покраснение или изменение или увеличение дренажа
- Раскрытие разреза
- Увеличение кровотечения или боли

- Loss of appetite, nausea or vomiting

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

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- Потеря аппетита, тошнота или рвота

**Если у Вас есть какие-либо вопросы или опасения, обратитесь к Вашему врачу или медсестре.**

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Incision Care. Russian.