

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

Cuidado de la incisión: sin vendaje

Su incisión debe quedar descubierta y al aire.

Cuidados

- Verifique estos signos de infección en su incisión:
 - ▶ sensación de calor;
 - ▶ hinchazón;
 - ▶ enrojecimiento;
 - ▶ cambio o aumento de la secreción.
- Si puede ducharse, deje que el agua corra sobre la incisión. No deje que el chorro golpee directamente la incisión. Séquela con golpes suaves.
- No sumerja la incisión en el agua, esto incluye tinas (bañeras), piscinas y jacuzzi.
- Si tiene grapas o suturas en la incisión, éstas se retirarán en la consulta de su médico.
- Si tiene cintas estériles en la incisión, se caerán solas. No tire de ellas para sacarlas. Puede recortar los bordes cuando se enrollen.

Llame de inmediato a su médico si:

- tiene cualquier señal de infección, como sensación de calor, hinchazón, enrojecimiento o cambio o aumento de la secreción;
- se le abre la incisión;
- aumenta el sangrado o el dolor;
- tiene náuseas, vómitos o pérdida del apetito.

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

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Hable con su médico o enfermera si tiene alguna pregunta o inquietud.

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Incision Care. Spanish.