



مستشفى وعيادة دبي لندن التخصصي
DUBAI LONDON CLINIC
& SPECIALITY HOSPITAL



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DUBAI LONDON
HOSPITAL

SURGICAL WOUND CARE AT HOME



Maintaining A Clean
& Dry Wound To Prevent
Infection & Promote Healing



Scan here for English

DLH/PFE/064

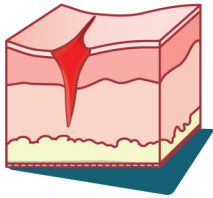
800 352

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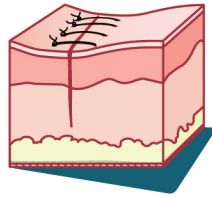


What is surgical Wound.

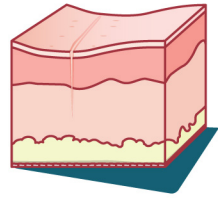
A surgical wound is the cut made to the skin by the surgeon during an operation.



A surgical or traumatic wound



Surgical suture



Scar

Wounds may be stitched or metal clips or staples may be used to help hold the skin edges together and heal. The skin edges usually form a seal within a day or two but this varies depending on the person and the wound.

Dressings

Not all wounds need dressings. The purpose of a dressing is to protect the area until the wound is healed and to:



Absorb any leakage from the wound



Provide ideal conditions for healing



Prevent stitches or clips catching on clothing

Changing the dressing:

If the dressing becomes wet from blood or any other liquid, it must be changed before you remove and change the dressing:



Wash your hands with soap and water



Carefully take the dirty dressing off



Do not touch the healing wound with your fingers

Problems with Wound Healing



- Most wounds heal without any problems. However, the most common complication is wound infection.
- This means that germs have started to grow in the wound and this can delay normal wound healing.
- Wound infections are usually treated by dressing the wound regularly and sometimes with a course of antibiotics.
- Sometimes surgery may be needed. Some people are more likely to develop wound infections than others and the doctors will discuss this with you.

Those at higher risk include people who:



Smokers



Diabetic



have a condition or treatment that affects their immune such as leukaemia or chemotherapy



have had a major operation, such as bowel surgery, where diet is not giving enough nutrients for wound healing

What's Surgical Site Infections?



A surgical site infection is one that happens within the first 30 days after your surgery or within 90 days if there is a medical device implanted. SSI is a complication of Surgery.

Signs and symptoms of SSI



Extreme Pain and redness (Pain are un-breable even after analgesia.)



Discharges little is fine after two or three days, but if it is excessive amount as usual or pus discharge or foul smell from the surgical site



Swelling and reddens near to surgical site.

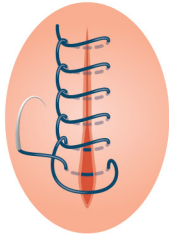


An opening in the incision line which was previously stitched.

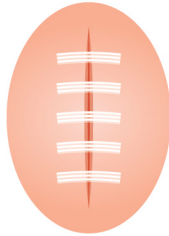


Fever of Over 38 degrees Celsius/ 100-degrees Fahrenheit.

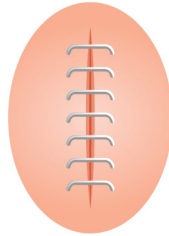
Taking care of stitches



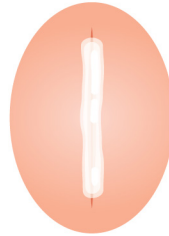
Lock-stitch suture



Strips



Staples



Glue

- Dissolvable stitches usually disappear in 7 to 10 days. Other stitches need to be removed after 5 to 21 days, depending on the wound
- You may see nylon threads (the ends of the stitches) poking out of the healing scar, please do not pull on these.
- If you are worried about the stitches, always seek advice from your doctor. Otherwise wait for the stitches to be removed or for them to fall off or dissolve.

Bathing and showering

You are normally advised to wait 24 hours before showering, but this depends on your wound

General Instructions

- Look at the incision site every day if there is no dressing on the site, check for any signs for infections as Mentioned above, if surgical site is closed with dressing please follow the doctor's instruction as per advice.
- Have Healthy diet.
- Exercise as per the doctor advice.
- Obtain medical help immediately in case of any post operative complication (Bleeding, Infections etc.) can come directly to emergency department.
- No Smoking – which can cause delay healing.
- Don't Miss Follow-Ups
- Follow doctors' advice on using garments for patient post plastic surgeries.

When to consult the doctor:



- There is excessive bleeding, from the surgical site.
- You have fever greater than 100-degrees Fahrenheit / 38-degree Celsius
- You have severe pain which is not relieved by your prescribed pain killer.
- You have tingling or weakness on the side of operation. (Especially post orthopaedic surgery)
- You have any questions or concerns regarding your surgery.
- Opening of the wound or stitches coming apart.
- Constipation or inability to pass gas for an extended period after abdominal surgery.
- Loss of appetite or difficulty eating.

**Call in case of further questions/clarifications:
800 352**



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Specialities across the group:

Specialised Departments:

- Advanced Gynaecological Laparoscopic Surgery
- Aesthetics & Dermatology
- Anaesthesiology
- Back Pain Management
- Cardiology
- Dental Services
- Dietetics & Nutrition
- Diving Medicine
- ENT (Ear, Nose, and Throat)
- Endocrinology
- Gastroenterology
- General Surgery & Bariatric Surgery
- General Practice (GP) & Emergency Medicine
- Internal Medicine
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics & Gynaecology
- Ophthalmology
- Orthopaedics
- Paediatrics
- Pathology & Laboratory

- Physiotherapy
- Podiatry
- Psychiatry
- Pulmonology
- Traditional Chinese Medicine
- Urology
- Vascular Surgery

Advanced Diagnostics:

- **Cardiac Diagnostic:** ECG, TMT, Holter, 24 Hour BP Monitoring, and Echocardiogram
- **CT Scan:** 160-slice and a lower exposure dose. CT Coronary Angiogram (Cardiac CT)
- **MRI:** Advanced Intelligent Clear-IQ (AiCE) body imaging solutions provides deep learning and reduced noise for sharp, clear, and distinct images.

Acute Care Departments:

- Intensive Care Unit (ICU)
- Neonatal Intensive Care Unit (NICU)

Radiology:

- Mammography
- Ultrasound
- X-Ray

Operating Theatres complete with high-end support systems



**Emergency Services
Walk-in Clinic
MRI & CT Scan Services**

