

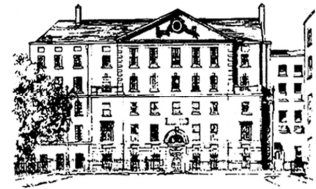


# National Maternity Hospital

*Founded in 1894*

Holles Street, Dublin 2.

Telephone: (01) 6373100. Fax: 6766623. Web: [www.nmh.ie](http://www.nmh.ie)



## Wound Care Advice

### Patient Information Leaflet

This leaflet has been developed in conjunction with the advice of your carer prior to discharge. In most circumstances the wound dressing will be removed prior to discharge.

It may take 2-6 weeks for your wound to totally heal.

Once the dressing is removed:

#### DO:

- Keep your wound clean and dry,
- Have a daily shower or bath using non-perfumed soap. However, do not use soap directly on the wound. Wash your wound with water only and gently pat the area with a clean towel,
- Try to find time each day to lie down and loosen all clothing from the skin around the wound. Fresh air will dry your wound and help it to heal. This is especially important during warmer weather and if you are overweight,
- If you need to touch your wound, do wash your hands with soap and water before and after.

#### DO NOT:

- Touch your wound unnecessarily,
- Place a dressing on your wound, unless advised by your nurse, midwife, or doctor,
- Use antiseptic creams, washes or sprays on your wound,
- Use vaginal douching. This may get rid of the "good bacteria" and make you more likely to develop an infection,
- Use swimming pools, saunas, jacuzzis, and hot tubs until your wound is completely healed.

#### If you experience any of the following symptoms:

- Fever greater than 101°F or 38°C for 2 readings taken 4 hours apart,
- Increased pain or swelling of the wound,
- Your wound oozes blood stained fluid, yellow fluid or becomes smelly,
- Redness spreads to the skin around the wound,
- Your wound appears to be opening

**Please contact the National Maternity Hospital at 01-6373100 and ask to be put through to the Ward that you were cared for, where you will be advised or alternatively contact your GP.**