



WOUND CARE ADDENDUM

Patient and Family Information

For Patient:

Please refer to the information below on how to care for your wound after a surgery or minor procedure. Your doctor or nurse may provide additional specific advice on wound care, depending on your wound type.

- It is normal to experience clear fluid, blood stains, or mild oozing of blood from the wound site.
- Keep the wound clean and dry. Do not swim.
- If a dressing was applied, change it as directed, or when soiled. Wash your hands with soap and water before handling the wound. Loosen and remove the old dressing gently. Dab the area with a clean towel before applying the new dressing.
- If you are unsure on how to change your dressing, visit your GP or the nearest polyclinic to change it.
- Do not scratch, rub, or pick at the wound.
- Do not apply creams, lotions or powder over and near the wound, unless instructed otherwise.

Follow up with your doctor as directed. Your doctor may have written a memorandum for you to have your wound reviewed and cleaned at your GP or the nearest polyclinic.

Please seek medical attention if you develop any of the following:

- Excessive bleeding from the wound
- Increased redness, warmth or swelling at the wound site
- Increased pain (despite pain relief medications)
- Excessive yellow or green discharge from the wound

Memorandum for outpatient services (detach)

Dear Colleague,

RE: (Patient details)

The aforementioned patient was seen for _____
(diagnosis) and underwent _____ (procedure) on
_____ (date).

Kindly review the wound and provide dressing change every ____
days, starting from _____.

The wound is:

Cleaned with normal saline / chlorhexidine / hydrogen peroxide*
solution.

For open wound cavity, packed with _____.

For surgical wound, closed with _____ suture (absorbable/ non-
absorbable*).

Covered with gauze / jelonet / tetracycline / others* (_____)
dressing.

**Delete as appropriate*

Regards,

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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