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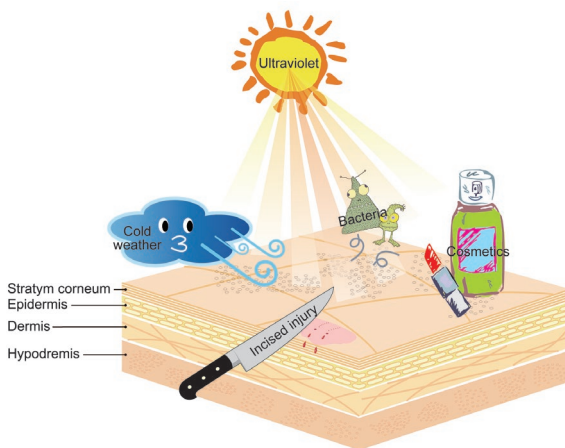
Skin's function

The skin protects the body. Once it is wounded, the human body is no longer well-protected. Good wound care can enhance healing and reduce infection.

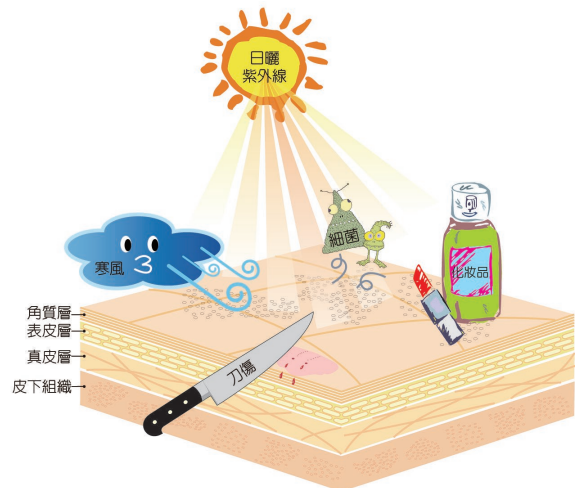


皮膚的功能

皮膚享有保暖及保護的功能。一旦受傷，人體就無法受到很好的保護。良好傷口照護，可增進傷口癒合並減少傷口感染的機會。



2



3





Materials on hand

Sterile normal saline, aqueous povidone iodine, sterile gauze pads (2 x 2 and 4 x 4, sterile cotton swabs and cotton balls, adhesive tape, and ointment if prescribed by a physician

準備用物

無菌生理食鹽水、無菌不含酒精性優碘，無菌紗布，無菌棉花棒，透氣膠布、藥膏或紗布。





Steps of dressing

1. Wash hands thoroughly.
2. Remove the soiled dressing (if it adheres to the wound, soak the gauze with normal saline and then remove it slowly) (as shown in Figure 1).



6

換藥步驟

- 1、洗淨雙手
- 2、取下髒的敷料。（若有沾黏時，先用生理食鹽水沾濕紗布，緩慢撕下。）（如圖一）



7





3. Get one cotton swab and soak it with povidone iodine. Sterilize the wound using a circular motion from within to 6 cm outside the wound (if there is profuse secretion, wipe with normal saline soaked cotton wool balls and then sterilize with povidone iodine as shown in Figure 2).

4. Clean up the povidone iodine with normal saline after 30 seconds from within to the outside of the wound (as shown in Figure 2).



3、取下棉棒沾上優碘，由內而外環狀消毒至傷口周圍外6公分（如分泌物多時，應先用生理食鹽水棉棒擦拭乾淨，再用優碘消毒，如圖二。）

4、30秒後，以生理食鹽水將優碘擦乾淨，一樣由內到外擦。（如圖二）





5. Clean with dry cotton swabs.
(Note: cotton swabs can be used only once and cannot be used repeatedly in steps 3, 4, and 5).

6. If ointment is prescribed by a physician, dress the ointment to the wound.

7. Cover the wound with white gauze and fix it in place with adhesive tape (as shown in Figure 3).

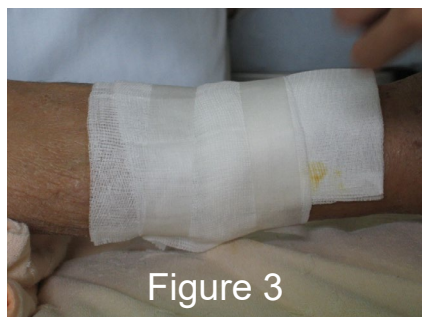


Figure 3

8. Wash hands after dressing the wound.

5、以乾棉棒擦乾淨。(注意：步驟3.4.5.棉棒只可使用一次，不可重複使用)

6、若醫師有開立藥膏，將藥膏塗抹於患處。

7、以白紗覆蓋，透氣膠布固定。(如圖三)



圖三

8、傷口處理後確實洗手。



How to prevent wound infection

1. Make sure you have washed your hands before dressing. Do not touch the wound with dirty hands.
2. Keep the wound dry and change the dressing if the wound or gauze is wet.
3. Eat more food with vitamin C and protein (such as: vegetables, fruits, lagume, fish and eggs).
4. Take medication as prescribed.
5. Return to the clinic for regular follow-up treatment until the wound is healed.

如何預防傷口感染

- 1、換藥前務必洗手
- 2、保持傷口乾燥。傷口或紗布滲漏，盡快換藥
- 3、多吃含維他命C及蛋白質的食物。（如：蔬菜、水果、豆類、魚、蛋等）
- 4、按時服藥
- 5、傷口未癒合時，需按時回診，定期追蹤治療



6. Please seek medical treatment immediately if you experience any of the following:

- Continuous pain or sudden severe pain in the wound.
- Fever or chills.
- Profuse bleeding, increased secretion, or odor in the wound.
- Redness, swelling, heat and pain around the wound.
- Numbness or tingling sensation in fingers or toes.
- Splitting open of the wound or the suture line.

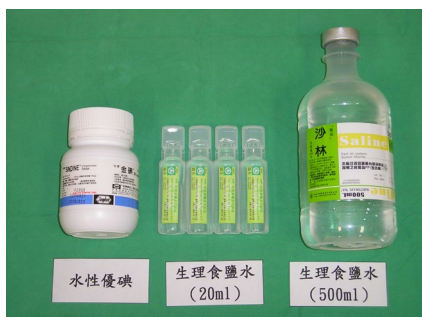
6、若有下列異常情況或不適時，請迅速就醫。

- 傷口處有持續疼痛或突然發生劇烈疼痛。
- 發燒或寒顫。
- 傷口有異常現象，如流血不止、分泌物增多或有異味等。
- 傷口周圍發紅腫脹，發熱疼痛。
- 手指或足指出現麻木或刺痛。
- 傷口裂開或縫線脫落。

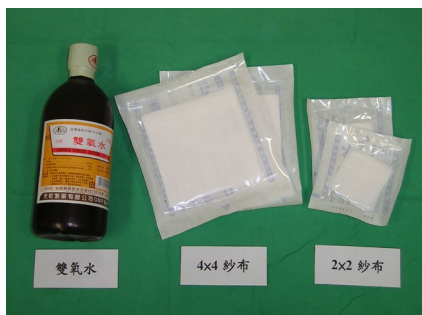


With detailed list

- Aqueous superior iodine
- Physiological salt water 20 ml
- Physiological salt water 500 ml



- Hydrogen peroxide
- 4x4 gauze sponge
- 2x2 gauze sponge



用物清單

- 水性優碘
- 生理食鹽水20ml
- 生理食鹽水500ml



- 雙氧水
- 4 x 4 紗布
- 2 x 2 紗布



- Y formed gauze sponge
- Cotton ball
- Cotton buds
- 3M microspore



- Y形紗布
- 棉球
- 換藥棉籤
- 3M膠布



Frequency of dressing

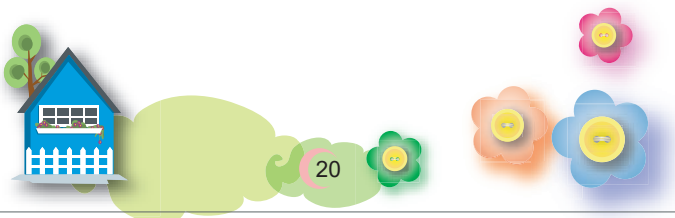
- once daily
- twice daily
- three times daily
- other

換藥次數

- 一天一次
- 一天二次
- 一天三次
- 其他



Memorandum





佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

一般傷口照護

The general
wound care

佛教慈濟醫療財團法人

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