



# WOUND AND INCISION CARE

By taking care of your wounds and monitoring them throughout their healing process, you can help yourself heal faster and prevent infection or complications



## Monitor for signs of infection:

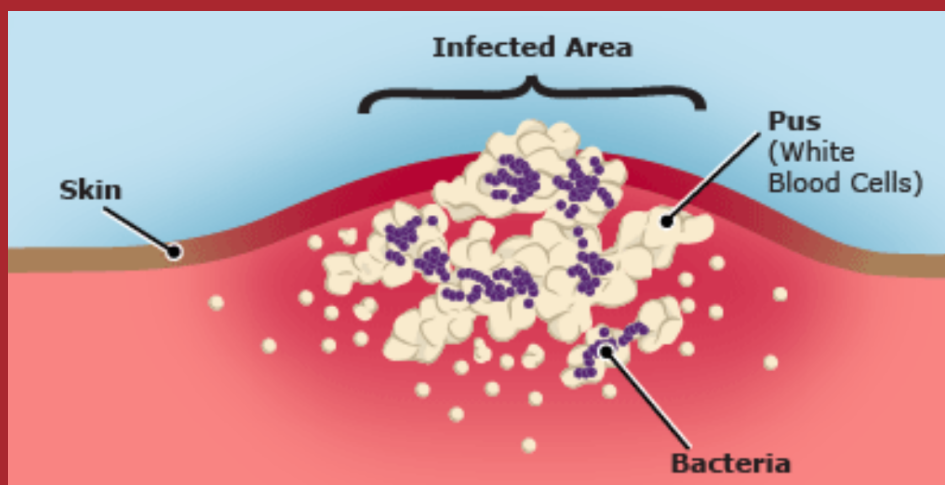
- Swelling
- Spreading or increasing redness (some pink/redness around the edges can be normal)
- Pus or or increased fluid discharge
- Increasingly tender or painful
- Hardening skin around the wound
- Odor to the drainage
- Fever over 101° F or 38° C

## Wound and bandage care:

Follow these wound care instructions, **unless otherwise instructed by your provider:**

- **Change bandage/dressing** daily or if it becomes soiled with dirt or blood
- **Do not keep wound covered all day long**, at times when you are resting at home, **leave wound open to air** for an hour, taking care not to let anything touch the wound
- **Keep wound clean** by gently sponging with clean wet towel, or by letting clean water run over it, like in the shower. **Do not soak wound in any fluid**, this presents risk for infection.
- Apply over-the-counter (non-prescription) **antibiotic ointment**.
- **Do not pick at your scabs or stiches**, this could expose your wound to infection, delay healing, and increase chance of scarring

Check out the latest updates and more details from MedlinePlus.gov:



## When to follow-up with UHS:

- If you experience any signs of infection
- If you have any questions about your wound, healing process, or dressing changes
- If you have stitches that need to be removed

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