

Post-Surgical Wound Care

Be Alert! Prevent Infections Post-Surgery

Post-surgery infections or surgical site infections (SSIS), are common complications that can occur after a surgical procedure. When a person undergoes surgery there is always a chance of infection because the body's natural defenses are disrupted. It is crucial to follow your doctor's advice as this helps wounds heal properly, minimizes scarring, and lowers the risk of infection.

Here are some important points to consider:

1 Cleanliness: Always wash your hands thoroughly with soap and water before touching the wound or changing dressings to prevent infection.



2 Change dressing only when prescribed by the doctor. Always use a clean (not sterile) medical glove to slowly remove the old dressing. If the dressing sticks to the wound, wet it and try again unless your doctor instructs you to pull it off dry.



3 Clean the wound gently with sterile saline solution or as instructed. Avoid using hydrogen peroxide, alcohol, or iodine, as these can be harsh on the wound. Pat the area around the wound dry with a clean, sterile gauze or allow it to air dry. Apply a new sterile dressing, ensuring it covers the wound and is securely taped in place.



4 Complete full course of antibiotics: It is essential to take the full course of antibiotics as directed by your Doctor otherwise it can lead to incomplete eradication of the infection, increasing the risk of secondary infections.



5 Avoid scratching itchy wounds: As your wound heals, it may become itchy, which is a normal part of the healing process. Refrain from scratching them if the itching becomes more intense contact your doctor.



6 Recognize and report any infections: Inform any concerning symptoms such as increased redness, swelling, warmth, or pus-like discharge to your doctor.

To know more:

- [How can I prevent infections in my wounds at home?](#)
- [Hand hygiene- controlling infections](#)

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