

Notice of General Surgical Wound Care

一般手術傷口照護之注意事項：

1. Take a rest as much as possible after home.
1. 回家當天請盡量休息。
2. The wound pain may develop, please take medicine as prescribed by doctor.
2. 傷口可能會有輕微脹痛的感覺，請按時服用由醫院帶回的藥。
3. Do not touch water for the first week, and keep wound dry. If the wound gets wet accidentally, please change dressing immediately to prevent wound infection.
3. 一星期內傷口不要碰到水，保持乾燥。若不小心弄溼時，請立即換藥以免傷口感染導致發炎。
4. Please return to hospital if you experience any of these conditions:
4. 有以下情形發生，請回醫院處理：
 1. Soak the **sterile** cotton swabs with 2% CHG and wipe the wound in a full circle from inside to outside.

- ◆ Wound keeps bleeding
- ◆ 傷口血流不止
- ◆ Wound gets redness, swelling, pain, or purulent discharge
- ◆ 傷口紅、腫、痛、有膿樣分泌物
- ◆ Wound dehiscence/ split open
- ◆ 傷口裂開

5. Please follow the steps of wound dressing to dress the wound: (Washing your hands before changing dress; using sterile cotton swabs and gauze)

5. 請依下列勾選的傷口換藥方式進行傷口換藥：（換藥前、後應洗手；用物須選用無菌棉枝、紗布）

Steps of wound dressing- Ointment:

傷口換藥步驟－藥膏：

1. Soak the **sterile** cotton swabs with normal saline solution and wipe the wound in a full circle from inside to outside.

1. 以**無菌**棉枝沾生理食鹽水由內往外環狀擦拭傷口。
2. Using **sterile** cotton swabs wipe dry the wound from inside to outside.
2. 以**無菌**棉枝由內往外環狀**擦乾**。
3. Using **sterile** cotton swabs apply the topical ointment to the wound.
3. 以**無菌**棉枝沾適量的**外用藥膏**擦拭傷口。
4. Timing of change dressing: **Once to twice a day**. If the wound becomes wet, please change dressing immediately till the sutures have been removed.
4. 換藥次數：**1天1至2次**，若傷口有滲濕或浸水的情形立即換藥，直到拆線為止。

Steps of wound dressing-

2% Chlorhexidine gluconate (2% CHG):

傷口換藥步驟－**克菌寧**：

1. 以**無菌**棉枝沾**2%克菌寧殺菌水溶液**由內往外環狀擦拭傷口。

2. Using gauze or waterproof bandage cover the wound.

2. 以**紗布或防水貼布**覆蓋傷口。

3. Timing of change dressing: **Once to twice a day**. If the wound becomes wet, please change dressing immediately till the sutures have been removed.

3. 換藥次數：**一天1次**，若傷口有滲濕或浸水的情形立即換藥，直到拆線為止。



Steps of wound dressing- Surgical tape:

傷口換藥步驟—美容膠：

1. Soak the cotton swabs with 2% CHG and wipe on the **surgical tape**.

1. 以**無菌**棉枝沾**2%克菌寧殺菌水溶液**塗抹在**美容膠**上面。

2. Using gauze or waterproof bandage cover the wound.

2. 以**紗布或防水貼布**覆蓋傷口。

3. Timing of change dressing: **Once a day**. If the wound becomes wet, please change dressing immediately till wound recovery.

Note: Do not need to change surgical tape every day unless it fall off, change the new surgical tape and repeat the steps (steps 1-2)

3. 換藥次數：**一天1次**，若傷口有滲濕或浸水的情形立即換藥，直到傷口癒合。
※備註：美容膠不需每天更換，除非美容膠脫落，再貼上新的美容膠後執行換藥步驟（步驟1-2）。



Subcutaneous Artificial Syringes Postoperative Notice

皮下人工注射器術後注意事項

1. Postoperative wound about 3cm, you can feel the raised round syringe bottom below the wound.

1. 手術後的傷口約3公分長，在傷口下方可以摸到鼓起圓形物的注射器。

2. Soak the cotton swabs with 2% CHG and wipe on the **surgical tape**.

2. 以**無菌**棉枝沾**2%克菌寧殺菌水溶液**塗抹在**美容膠**上面。

3. Using gauze or waterproof bandage cover the wound.

3. 以**紗布或防水貼布**覆蓋傷口。

4. Timing of change dressing: **Once a day**. If the wound becomes wet, please change dressing immediately till wound recovery.

Note: Do not need to change surgical tape every day unless it fall off, change the new surgical tape and repeat the steps (steps 1-2)

4. 換藥次數：**一天1次**，若傷口有滲濕或浸水的情形立即換藥，直到傷口癒合。

※備註：美容膠不需每天更換，除非美容膠脫落，再貼上新的美容膠後執行換藥步驟。

5. Do no rinse the wound directly when taking a shower. **After a shower, remove the waterproof bandage and change the dressing.**

5. 若要洗澡時傷口不要直接沖洗，**洗澡後將防水貼布拆除，再進行換藥。**

6. To avoid dislocation of artificial blood-vessel (Port-A) implant, do not overuse the arm with Port-A side, such as by rotating 360° or carrying heavy objects.

6. 裝置人工血管的手臂勿過度的活動，如360度旋轉或提過重物品，避免人工血管移位。

7. Your general life will not be affected

7. 一般的日常生活並不受影響。

8. If you do not take chemotherapy regularly, please return to clinic **at least once every 2 months** for flushing Port-A to prevent catheter occlusion.

8. 如未定期進行化療時，**至少每隔2個月**應回診沖洗人工血管1次，以維持其暢通。

9. **If wounds dehiscence, abnormal bleeding, redness, swelling, pain, purulent discharge, or develop a fever (higher than 38.2°C), please return to hospital.**

9. **若發現傷口有裂開、血流不止、紅、腫、痛、有膿樣分泌物流出或發燒(體溫38度5以上)，請回醫院處理。**

Steps for wound dressing- Indwelling drainage tube:

☐ 傷口換藥步驟－置放引流管：

1. Using **sterile** cotton swabs squeeze the wound from non-drainage tube site to drainage tube site, to squeeze out bloody and exudate discharge

1. 以無菌棉枝由非引流管端擠壓傷口至引流管端，將血水及滲液擠出。

2. Soak the **sterile** cotton swabs with 2% CHG and wipe the wound in a full circle from inside to outside.

2. 以無菌棉枝沾2%克菌寧殺菌水溶液由內往外環狀擦拭傷口。

3. Cover the wound with **gauze**, and fix the gauze with **surgical tape**.

3. 以紗布覆蓋傷口，再以紙膠黏貼固定。

4. Timing of change dressing: **Once to twice a day**. If the wound becomes wet, please change dressing immediately till the sutures have been removed

Note: Be careful not to pull the drain out. If drainage tube slips out accidentally, please return to hospital.

6. 換藥次數：一天1至2次，若傷口有滲濕或浸水的情形立即換藥，直到拆線為止。

※備註：請勿拉扯引流管，若引流管不慎脫落請返院就醫。

Steps for wound dressing- hydrocolloid dressing

☐ 傷口換藥步驟－人工皮：

1. Carefully lift up the four edge of hydrocolloid dressing, and gently peer it off completely.

1. 輕掀人工皮墊的四角再完全掀起。

2. Soak the **sterile** cotton swabs with normal saline solution and wipe the wound in a full circle from inside to outside.

2. 以無菌棉枝沾生理食鹽水由內往外環狀擦拭傷口。

3. Using **sterile** cotton swabs wipe dry the wound from inside to outside.

3.再以無菌棉枝由內往外環狀擦乾。

4. Apply a new hydrocolloid dressing

4.貼上新的人工皮。

5. Timing of change dressing: While the discharge has fully absorbed, the hydrocolloid dressing will become a white jelly (not pus), please change dressing immediately. If not, it can be used for up to 7 days.

5.換藥時機：吸收傷口滲出液飽和時，形成白色膠狀物(非化膿)，當外觀鼓起變乳白色膠狀時，此時即應更換敷料，若未變白，最長可使用7天。

Self-Assessment (True-False Item)

() 1. Keep it dry and clean before removing the sutures. If the wound becomes wet, please change dressing immediately.

() 2. To avoid dislocation of artificial blood-vessel (Port-A) implant, do not overuse the arm with Port-A side, such as by rotating 360° or carrying heavy objects.

自我評量(是非題)

() 1.未拆線前傷口應保持乾燥、乾淨

，若不小心滲濕或浸水的情形立即換藥。

() 2.裝置人工血管的手臂勿過度的活動，如360度旋轉或提過重物品，避免人工血管移位。

Patient Name: _____
Medical No.: _____
Referral Time: YY/MM/DD. Day _____
 Morning Afternoon Night
General Surgery Dr. _____
Room: _____ NO. _____



彰化基督教醫院
CHANGHUA CHRISTIAN HOSPITAL

患者姓名 _____
病歷號碼 _____
回院複診時間 ____年__月__日 星期__
上午 下午 晚上
一般外科 _____醫師
第____診第____號。

References

[Huang, Y. F. (2015). Nursing Wound. *Practical Basic Nursing* (7th ed., pp. 594-602). Taipei City, Taiwan R.O.C: Huihua.]
[Ye, B. F (2015). *Practical Wound Nursing*. Taipei City, Taiwan R.O.C: Farseeing]

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參考資料：

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葉碧芳(2015)·實用傷口護理·台北：華杏。

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Ans.	0	0
解答		

Notice of General Surgery Clinic Surgical Wound Care

一般外科門診 手術傷口照護須知 【英文版】



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