

Incision and Wound Care

If you have been in the hospital for surgery or have a wound, you will need to properly care for the site when you get home in order to avoid complications that can increase your chance of returning to the hospital.

Follow this checklist to take care of your incision site.

Do: Go over your discharge instructions before you leave the hospital so you can care for your incisions or wound. Ask for any written guidelines you can follow at home.

Do: Wash your hands before and after caring for your incision.

Do: Clean your incisions with warm water and soap.

Do: Change any tape or bandages as directed by your healthcare provider.

Do: Follow your discharge instructions about showering.

Do Not: Apply any lotions or powders to the injured area until it is completely healed.

Do Not: Ignore any signs of infection such as increased swelling around the incision area; redness, tenderness, soreness; increasing stiffness in joint surgeries; foul smelling drainage.

And increased temperature or fever like symptoms.

Do Not: Forget to ask your healthcare provider any questions you have about your incision care.

Caring for your wound and incision correctly will help you heal and stay out of the hospital.