

Incision Care: No Dressing

Your incision is to be left uncovered and open to the air.

Your Care

- Check your incision for signs of infection:
 - ▶ Warmth
 - ▶ Swelling
 - ▶ Redness
 - ▶ Change or increase in drainage
- If you are allowed to shower, let the water run over your incision. Do not let the spray directly hit the incision. Pat your incision dry.
- Do not soak your incision in water. This includes bathtubs, swimming pools and hot tubs.
- If you have staples or sutures on your incision, they will be removed at your doctor's office.
- If you have tapes called steri strips on your incision, they will fall off on their own. Do not pull them off. You may trim the edges as they curl.

Call your doctor right away if you have:

- Any signs of infection such as warmth, swelling, redness or change or increase in drainage
- Opening up of the incision

切開後のケア： 包帯等を使用しない

切開部分は包帯等で覆わず、空気にさらすようにします。

注意

- 切開患部に感染の徴候がないかチェックします。
 - ▶ 熱
 - ▶ 腫れ
 - ▶ 発赤
 - ▶ 排膿の変化または増加
- シャワーを許可されている場合、水が切開部の上を流れるようにします。切開部に水圧が直接かからないようにして、切開部は軽くたたくようにして乾かします。
- 風呂、プール、ホットタブなどで患部を水に浸さないでください。
- 縫合に医療用のホッチキスや糸を使っている場合、診療所で除去します。
- 切開部に絆創膏（Steri-Strip）が使用されている場合は自然に剥がれます。自分で剥さないこと。巻き上がった縁の部分を取り取ってもかまいません。

以下の症状が現れた場合は直ちに主治医に連絡してください。

- 熱、腫れ、発赤、または排膿の変化や増加など感染症の兆候が現れた場合
- 切開部が開いた場合

- Increased bleeding or pain
- Loss of appetite, nausea or vomiting

Talk to your doctor or nurse if you have any questions or concerns.

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- 出血や痛みが激しくなった場合
- 食欲不振、吐き気、または嘔吐

質問や不明な事項については、主治医または看護師にご相談ください。

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Incision Care. Japanese.