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A pocket sized basic how-to-guide from our clinic to your home on:

Immediate wound care

Varicose veins

Minor burns

When to see a

Doctor and Wound care Nurse

Immediate wound care

- Assess degree of injury first to determine need for hospital care



- Stop the bleeding by applying gentle compression.
- Clean with antiseptic or clean purified salt water.

- According to size and severity apply antiseptic ointment like Supriban or betadine salb.
- Avoid **“MONKEYS BLOOD” OR MERCURA CHROME** as it contains harmful chemicals.
- Place a gentle contact dressing (island plaster) that fits the size of the wound



- Give us a call if you need some extra help.

Varicose veins



Varicose veins are some of the early signs of venous insufficiency.

It can lead to:

- Lower leg swelling
- Painful legs
- Venous ulceration
- Amputaion



It can all be prevented with **EARLY** detection and compression therapy.



Speak to our staff for compression therapy treatment plan.

Minor burns



- ✓ **Do** cool the burn. Have lukewarm water run over area for a few minutes.
- ✗ **Don't** apply antibiotic ointments on or toothpaste or butter on burned area.
- ✓ **Do** apply a layer of petroleum jelly up to three times a day.
- ✗ **Don't** pop blisters, it can act as a protective barrier.
- ✓ **Do** cover area with a non-stick, sterile bandage.
- ✗ **Don't** expose burned skin to the sun. It can worsen burn and delay healing
- ✓ **Do** take over-the-counter pain medication to ease discomfort.

When to see a Doctor and Wound care Nurse



If burn is larger than **5-7cm** wide and if on **hands, feet, face, buttocks and groin** or on **major joint**.

If signs of infection are present like **fever, swelling, redness** and increased **temperature** of wound area and **pus** or increased fluid drainage.



High risk patients with co-morbidities such as **diabetes, cancer, high blood pressure, children, elderly and obesity**.

If you are **unsure** or have tried self management **without results**, let us assist you in determining the **best treatment**.



GET IN TOUCH

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We can assist
with Stoma
care too!

