

Appointment at the **Infirmary:**

Appointment at the **Orthopaedics clinic:**

Appointment at the **General Practice clinic:**

Next appointment:

Observations:

F2010230020_EN v.2

A&E

Please read these instructions carefully

GP GRUPO POLICLÍNICA

Tel: 971 30 23 54

C/ Vía Romana s/n
07800 Ibiza
Islas Baleares



Recommendations from
THE INFIRMARY FOR PATIENTS
with bandages, plaster casts or sutures

A&E

GP GRUPO POLICLÍNICA



PATIENT WITH SUTURE

- 1.- **Keep the dressing clean.** If it gets wet, remove it and gently dry the area with a sterile gauze pad and put another clean dressing on it.
- 2.- **Avoid baths or showers for the first 24 hours**, you can then wash yourself with soap and water, gently drying the area and covering it with a dressing. If you leave the wound uncovered, avoid getting it wet or dirty.
- 3.- **“Adhesive dots (“paper dots”) may only be slightly wetted and must be dried immediately afterwards”**
- 4.- **Los puntos deberán retirarse entre el 6º y el 12º día.** Su médico o enfermero de consultas decidirá cuándo retirarlos.
- 5.- **Evite actividades que puedan volver a abrir la herida.**
- 6.- **Evite la exposición al sol de la zona afectada entre 6 y 12 meses**, use protección solar.
- 7.- **Tome los analgésicos, antiinflamatorios y/o antibióticos** que le haya pautado el médico de urgencias y posteriormente su médico de medicina general.

SEE YOUR DOCTOR WHEN:

- 1.- **The edges of the wound are red** and more than 1 cm wide.
- 2.- The wound is **painful** or **warm**.
- 3.- The wound is **oozing**.
- 4.- You have **fever** or **chills**.

PATIENT WITH BANDAGE

- 1.- **Hold the affected area up** moving your fingers or toes and joints frequently.
- 2.- Keep an eye on the **temperature, colour** and **sensitivity** of the affected area.
- 3.- **Apply a bag with ice on the bandage**, avoiding it getting wet, **three times a day** (10-12 minutes) during the first 48 hours, putting it on the painful area.
- 4.- **Avoid activities** and vigorous exercise.
- 5.- **Do not get the dressing wet.** Use a plastic bag closed with an elastic band for cleaning.
- 6.- Take the **analgesics, anti-inflammatory drugs** and/or **other treatments** prescribed by the A&E doctor and then by your GP.
- 7.- **Do not cut the bandage.**

SEE YOUR DOCTOR WHEN:

- 1.- **The bandage becomes loose before the time recommended** by the A&E doctor.
- 2.- You have significant **bruising, pain** or **swelling** in the affected area.
- 3.- You note **paleness, coldness** or **decreased sensitivity** in the affected limb.
- 4.- Significant **itching** and **irritation appears** in the affected area.

PATIENT WITH A PLASTER CAST

- 1.- **Do not stand with it on a hard surface for the first 48 hours.** If you have a splint on your foot, do not stand on it until the first check-up by the orthopaedic surgeon.
- 2.- **Hold the affected up moving** your fingers or toes and joints frequently.
- 3.- Keep an eye on the **temperature, colour** and **sensitivity** of the affected area.
- 4.- **Remove all jewellery** you are wearing in the affected area and nail polish.
- 5.- **Avoid activities** and vigorous exercise.
- 6.- **Do not get the plaster cast wet.** Use a plastic bag closed with an elastic band for cleaning.
- 7.- **Take the painkillers, anti-inflammatory drugs and/or other treatments** prescribed by the A&E doctor and then by your GP.
- 8.- **Do not use needles** or fine instruments to scratch yourself.
- 9.- **Do not cut the plaster cast.**

SEE YOUR DOCTOR WHEN:

- 1.- The splint is **deteriorated** or **broken**.
- 2.- The splint **becomes loose**.
- 3.- You have significant **bruising, pain** or **swelling** in the affected area.
- 4.- You note **paleness, coldness** or **decreased sensitivity** in the affected limb.
- 5.- Significant **itching** and **irritation appears** in the affected area.