

Appointment at the **Infirmary:**

Appointment at the **Orthopaedics clinic:**

Appointment at the **General Practice clinic:**



Next appointment:



Observations:



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

**A&E**

 **POLICLINICA  
NTRA. SRA.  
DEL ROSARIO**





## 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.- **Do not get the adhesive stitches wet with generous amounts of water.**
- 4.- **The stitches must be removed between the 6th and 12th day.** Your doctor or nurse will decide when to remove them.
- 5.- **Avoid activities that could reopen the wound.**
- 6.- **Avoid exposure to the sun in the affected area for 6 to 12 months**, use sun protection.
- 7.- **Take the painkillers, anti-inflammatory agents and/or antibiotics** prescribed by the A&E doctor and then by your GP.

## 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.