

Wound Care



The Podiatry department cares for patients' foot and lower limb problems in an inpatient and outpatient setting. Through thorough assessments, our team of experienced podiatrists assist patients to resolve foot problems and offer specialised foot care management of high risk wounds, skin and nail conditions, musculoskeletal assessment and gait assessment (including orthotic management). We also see patients for general diabetic care including annual foot screening services.

What is a wound or ulcer?

A wound occurs when your skin's protective function breaks down after an injury, surgery, pressure or disease. Open wounds are more prone to bacteria, but keeping it clean will allow it to heal to prevent an infection.

Caring for your wound

A podiatrist will teach you how to care for your wound, which includes the duration to keep your dressing on. Keep your dressing clean and dry until its next change. Should it get wet or soiled, go to a GP, polyclinic or come to our clinic to get a dressing change.



Changing dressings at home

If your wound can be changed at home, your podiatrist will show you how to do so. Please follow the instructions and always keep your dressings clean, dry and sterile before use. When you change your dressings, make sure the top bandage is not too tight.

If you are uncomfortable changing your own dressing, you may make an appointment at our clinic or go to a polyclinic to do so.

Is my wound infected?

The following symptoms indicate that your wound may be infected:

- **Heat:** Your foot or leg feels warmer than the other
- **Swelling:** There is obvious swelling or change in your foot's shape
- **Redness:** You observe redness that will not subside
- **Increased pain:** You feel a worsening pain around your wound
- **Smell:** There is an unusual or unpleasant smell
- **Pus:** You notice yellow/green and thick fluid coming out of your wound
- **Fever**

Please visit a GP, the Emergency Department or see your podiatrist sooner if you notice any of these appearing in your wound.

Frequently asked questions

How long will my wound take to heal?

Wounds vary in size, type and health, and illnesses like diabetes, rheumatoid and other immunosuppressant diseases can cause wounds to take an even longer time to heal. Bacteria like MRSA also affects a wound's healing. It is hard to pinpoint when your wound will heal, but your podiatrist will share with you the progress of your wound's healing at each session.

Do I need to see a podiatrist if I can change my dressing at home or at the polyclinic?

Our podiatrists are trained to remove dead and non-functioning tissue in your foot to improve the healing process. Such tissues prevent a wound from closing and affects healing when they are not removed. For many patients, a change in dressing alone cannot improve healing.

What happens after my wound heals?

Your podiatrist will look at ways to prevent your wound from recurring. Suitable footwear, tips to reduce pressure in your foot, monitoring blood flow to the lower limbs and removing hard skin are ways to prevent a new wound from forming.

If you notice blood, fluid on your socks or shoes, discolouration or accidentally cut yourself, please inform your podiatrist or visit a GP immediately.



For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

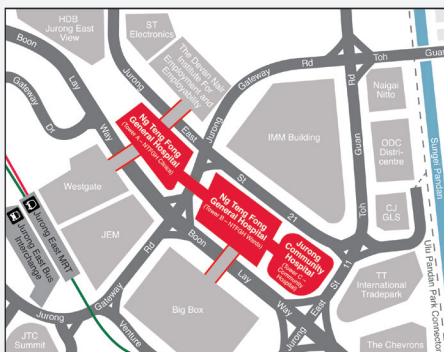
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange
SBS 51, 52, 66, 78, 79, 97, 97e, 98,
98M, 105, 143, 143M, 160, 183, 197,
333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

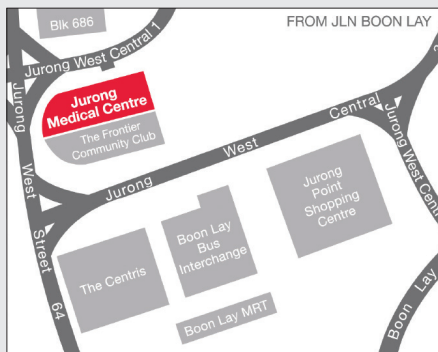
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6716 2000 Fax: 6551 7999
www.jmc.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm
Friday 8.00am - 5.00pm

Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181,
182, 192, 193, 194, 198, 199, 240, 241,
242, 243 W/G, 246, 249, 251, 252, 254,
255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.