

Wound Care



The Department of Orthopaedics offers specialist medical and surgical treatments on musculoskeletal disorders, joint replacements, foot and ankle disorders, among other trauma injuries. Our consultants and surgeons work closely with sports medicine physicians, physiotherapists, podiatrists and other healthcare professionals to help patients return to their normal activities after surgery.

What is a wound?

A wound is a breakdown in the body's tissue and may be a result of an accident or surgery.

Tips to help your wound heal



Elevate your foot or arm where possible to prevent and reduce swelling



Practice **good nutrition** to improve wound healing



Wear shoes that are recommended to you to **reduce pressure** in the wound



Stop smoking
Smoking decreases blood flow and affects the way your wound heals



Keep dressing **clean and dry** to prevent infection



Avoid sweet food
A high sugar level slows down blood flow and affects healing

Wound care

- Keep your dressing clean and dry at all times.
- Most stitches/staples can be removed 10 to 14 days after surgery.
- Keep your dressing intact for 3 days after the stitches/staples have been removed.

What should I do if I notice that my dressing is soaked or has a foul smell?

Check your wound and visit the nearest GP or polyclinic if you notice this happening.

How often should I change my dressing?

It is best to consult your doctor on this.

I am having a fever and pain in my wound, should I be worried?

These are usually signs of early infection. You should seek medical help immediately.

Can I change my own wound dressing?

You are advised not to change your own dressing as it involves a sterile technique. Do not attempt to do so unless you have been instructed to.

If I am allowed to change my wound dressing, what are the items I will need?

- Normal Saline 0.9% 20ml
- Non-sterile glove
- Dressing set
- Dressing products

Additional information:

To be filled up by a Healthcare Professional

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

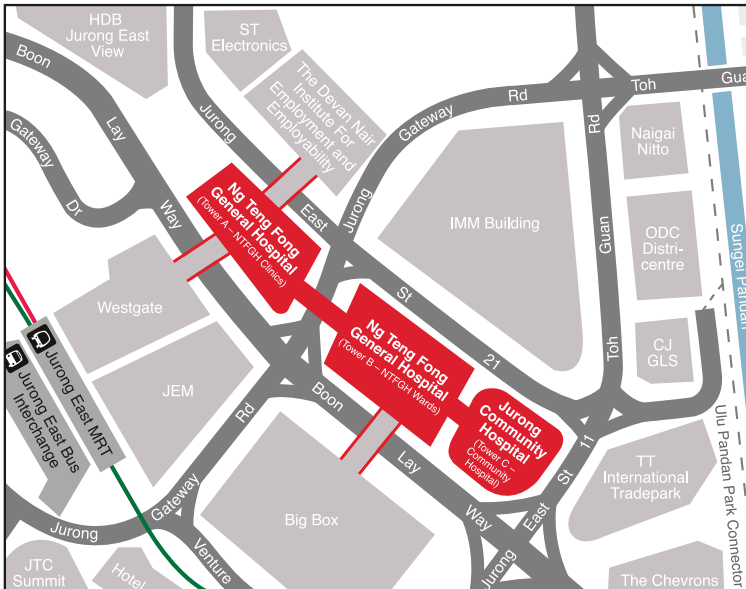
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a 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. Information is accurate at the time of printing.