

Hey you, patient – This is how you take care of your surgical incisions the best.

We who work with health care know that many of the wound infections that occur to you as a patient are self-inflicted from your own skin bacteria. These bacteria are harmless when they are on top of the skin but when they from different circumstances get in under the skin, like during a surgical incision, they can become a problem. If this were to happen you can then be affected by a wound infection in your surgical incision.

Therefore it's important for you as a patient to know how to take care of your wounds and know how to avoid infections so your incisions can heal as they should.

Clean hands matter!

Wash your hands regularly during the day, keep your nails short and be thorough with your hand hygiene.

- Daily showers with soap and water keeps the incisions clean.
- Wait with baths and saunas until the incisions are fully healed.
- Don't remove blood- or other scabs, they protect the wound and will fall off when they are ready.
- There are often a see-through loop or knot at the bottom or the top of the incision, don't remove it, it will fall off by itself eventually.
- Change the clothes that are touching your skin daily to clean ones.
- Only have bandages on the incisions if you have a lot of scabs, or any form of stitches or metal staples.
- Protect the incision against sunlight during the first year, or until the scar has faded. Use paper tape to cover the incision. (Can be bought at the pharmacy/apoteket).

- Please turn for shower instructions 😊

Shower procedures after surgery!

Go from clean to dirty- note that your surgical incision is clean and that the rest of the body is dirty.

- Always start with washing your hands thoroughly with soap and water, repeat this step a few times to make sure they are thoroughly clean!
- Remove the bandages.
- Begin washing your head and move down the body.
- Wash your clean incisions first and then continue with the rest of the body.
- Never go back twice to your clean incisions with the wash cloth and don't touch the incision with your hands after you have cleaned it.
- When washing, always go from clean to dirty and rinse from the top down.
- Be generous with the water when washing, let the water flow.
- Dry off yourself with a clean towel.
- Wait with bathing and using a sauna until the wounds have fully healed.
- Change the clothes that are the closest to your skin daily, to clean ones.

Got any questions? Call us!

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