

IMPORTANT PHONE NUMBERS

AMBULANCE - 111

MIDDLEMORE HOSPITAL - 09 276 0000

QUITLINE NZ - 0800 778 778

HEALTHLINE - 0800 611 116

DISTRICT NURSES - _____

DISTRICT NURSES TXT - _____

YOUR DOCTOR - _____

YOUR PHARMACY - _____



YOUR TOOLKIT TO HELP
YOU HEAL YOUR WOUND

Signs of Infection

Symptoms

Feeling unwell /
Temperature
greater than 38°C

+

Increase of
Discharge / Pus

+

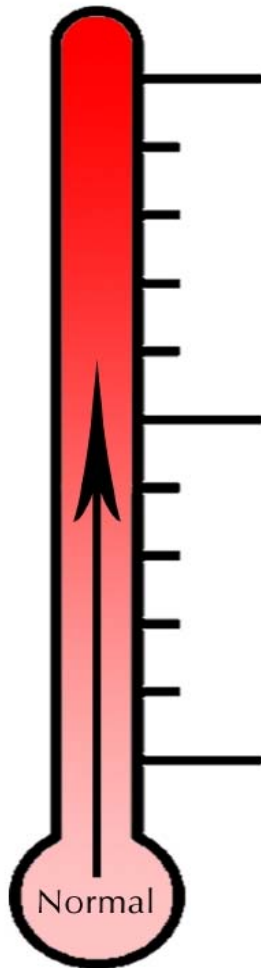
Redness

+

Swelling

+

Pain



Actions

Ring Healthline
or your Family
Doctor

Go to your
Family Doctor

Contact District
Nurse

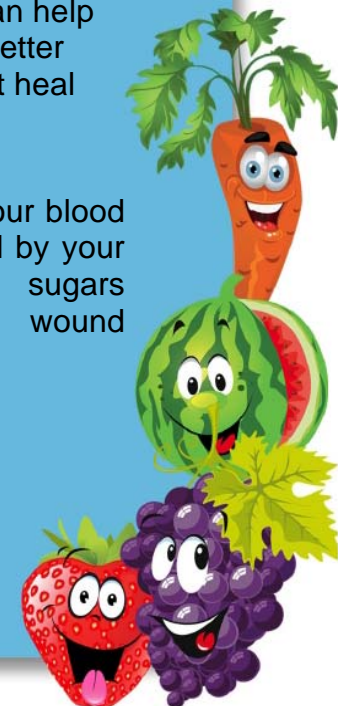
Take Pain Relief
e.g. Panadol,
Paracetamol,
Ibuprofen.



YOU CAN HELP TO HEAL YOUR WOUND BY:

- Eating more fresh fruit & vegetables. Try to eat less takeaways and fast foods.
- Drink water instead of soft drinks, or choose the sugar free versions.
- Limit alcohol intake, especially if you are taking Antibiotics.
- Try to reduce the number of cigarettes you smoke per day. You could try stopping altogether - your nurse or doctor can help you with this. This will encourage better blood flow to your wound, helping it heal faster.
- If you are diabetic, try and keep your blood sugars in the range recommended by your nurse or doctor. High blood sugars encourage bacteria, causing wound infections and slows down healing.

Together we can heal your wound.

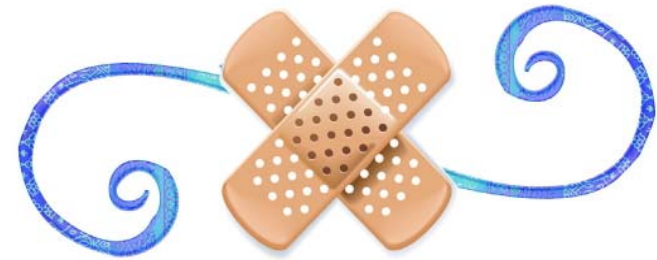


HOW TO CHANGE MY DRESSING

1. Wash hands with soap and water.
2. Remove old dressing and place in rubbish bag.
3. Clean wound in shower or with tap water.
4. Dry skin around wound with clean cloth.
5. Redress your wound with dressings provided by your district nurse. Follow the steps below.

Date: _____

Change your dressing every _____



Date: _____

Change your dressing every _____

Date: _____

Change your dressing every _____
