

护理活组织检查或手术后伤口

在皮肤病诊所

您的孩子的缝线应当在_____天后拆除。如需拆除缝线，请电洽：

皮肤科诊所

您的孩子的主治医生

如何在家中护理您的孩子的伤口？

- 将敷料保持 24 小时。保持敷料清洁和干燥。如果绷带上浸满血，可以更换。
- 如果您注意到少量流血，在流血部位放一块清洁的敷料或布，用力按压 10-15 分钟。如果流血量增多或流血不止，拨打医院的主机电话号码 206-987-2000，请接线员传呼应召皮肤病医生。
- 取下绷带后，用肥皂水轻轻地清洗患处。拆线或伤口愈合之前，您的孩子应避免游泳或将患处浸在洗澡水内。
- 如果已经在患处贴无菌切口胶布（Steri-Strips）（用于帮助保持伤口封闭的小粘条），不要揭下。它们会自动脱落。
- 每天两次在伤口上涂少量抗生素药膏（例如杆菌肽（Bacitracin）或多链丝霉素（Polysporin）或凡士林。然后用一块创可贴（Band-Aid）或其他清洁的绷带盖在患处。每天两次这样做，直至拆线。
- 如果您的孩子在局麻作用消失后感到任何疼痛或不适，可以让孩子服退烧药（Acetaminophen）（Tylenol）。请仅按照您的孩子的健康护理服务提供者的建议服用此药。在让您的孩子服用任何类型的药物之前，请先向健康护理服务提供者洽询。请遵守药盒上的剂量说明。避免服用阿司匹林或布洛芬（Ibuprofen）（例如 Motrin 或 Advil），因为这些药可能会增加出血风险。

活动：您的孩子至少在拆线前不应当参加运动、体育活动、剧烈活动或游泳。

感染：注意是否有感染的迹象，例如伤口红肿、压痛或流脓。如果您认为伤口可能感染，请在营业时间内打电话给您的孩子接受治疗的皮肤科诊所。如果是晚间和周末，请拨打电话号码 206-987-2000，请接线员传呼应召皮肤科医生。

我何时能知道结果？

您的孩子的服务提供者已经将皮肤活检送去化验。结果应当在大约两周后出来。我们会打电话将结果通知您，或者在您的孩子下一次就诊时与您讨论化验结果。

如需了解进一步详情

- 西雅图儿童医院和 Bellevue 皮肤科
206-987-2158
- Everett 206-783-6200
- Federal Way 253-838-5878
- 向您的孩子的健康护理服务提供者洽询
- seattlechildrens.org

免费口译员服务

- 在医院内，向您的护士询问。
- 在医院外，拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



西雅图儿童医院向聋人、听力障碍者或不会讲英语的患者、家庭成员和法律代表提供免费口译服务。西雅图将应请求用其他格式提供本信息。请打电话给家庭资源中心，电话号码 206-987-2201。

本手册已经由西雅图儿童医院的工作人员审阅。但是，您的孩子的需求具有独特性。在您根据本信息采取行动或依赖本信息之前，请向您的孩子的健康护理服务提供者洽询。

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患者与家庭教育 | 皮肤科

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Caring for a Wound from a Biopsy or Surgery In the Dermatology Clinic

Your child's stitches should be taken out in _____ days. To have stitches taken out, call:

- Dermatology Clinic Your child's primary care

How to care for your child's wound at home

- Keep the dressing on for about 24 hours. Keep it clean and dry. If the bandage becomes soaked with blood, it is OK to change it.
- If you notice a small amount of bleeding, put a clean dressing or cloth over the area and apply firm pressure for 10 to 15 minutes. If the bleeding becomes heavier or does not stop, call the hospital main line at 206-987-2000 and ask the operator to page the dermatologist on call.
- After you take off the bandages, gently clean the area with soapy water. Your child should avoid swimming or soaking the area in a bathtub while the stitches are in place or until the wound has healed.
- If Steri-Strips (small pieces of adhesive used to help keep the wound closed) have been placed on the site, do not take them off. They will fall off on their own.
- Put a small amount of antibiotic ointment (like Bacitracin or Polypsorin) or plain petroleum jelly (like Vaseline) on the wound 2 times each day. Then cover the site with a Band-Aid or other clean bandage. Do this 2 times each day until the stitches are taken out.
- If your child has any pain or discomfort after the local anesthetic wears off, it is OK to give acetaminophen (Tylenol). Use this medicine only if recommended by your child's healthcare provider. Check with the healthcare provider first before giving any type of medicine to your child. Follow the instructions on the package about how much to give. Avoid aspirin or ibuprofen (like Motrin or Advil), since these can increase the risk of bleeding.

Activity: Your child should not take part in sports, gym, rough play or swimming at least until their stitches are taken out.

Infection: Watch for signs of infection, such as if the wound is swollen, tender, red or draining pus. If you think that the wound may be infected, call the Dermatology clinic where your child was seen during business hours. During evenings and weekends, call 206-987-2000 and ask the operator to page the dermatologist on call.

When do I get the Results?

Your child's provider has sent the skin biopsy to the laboratory. The results should be ready within about 2 weeks. We will call you with the results or talk with you about them at your child's next appointment.

To Learn More

- Dermatology Seattle and Bellevue
206-987-2158
- Everett 206-783-6200
- Federal Way 253-838-5878
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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