



# ORDER OF MALTA IRELAND

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## AMBULANCE CORPS

## WOUND CARE - PATIENT ADVICE LEAFLET

### YOUR WOUND MAY BE AT A HIGHER RISK OF INFECTION & HEALING IF:

- It is deep, large or open
- Dirty or contaminated
- You have a chronic condition e.g. diabetes

Seek advice from your GP in all of these cases

### CLEANING & DRESSING OF WOUNDS

Thorough cleaning is necessary to reduce the risk of infection

- Use large amounts of clean water and rinse for 5 – 10 minutes
- Use a mild soap with water or antiseptic solution to help cleaning
- Large minor dirty wounds may be easier to clean in the shower

Apply antiseptic cream to prevent infection

Apply a sterile dressing or plaster to cover the wound

Clean wound & replace dressings as necessary

### TETANUS VACCINATION INFORMATION & ADVICE

Tetanus is caused by a bacteria, it can be prevented by a vaccination.

These bacteria can be found in soil and manure of animals

They can enter the body through wounds, cuts, scrapes, eye injuries etc.

Deep wounds that are hard to clean are a higher risk

A deep dirty wound may require a tetanus injection

Contact your GP if you're not sure if you are vaccinated

### VISIT THE DOCTOR IF:

- It is a deep wound
- It is a large wound
- There is dirt or debris that you cannot remove
- Too painful to clean
- You think you need stitches
- You cannot control the bleeding
- If there are signs of infection - See across

### CONTROL OF BLEEDING

Apply steady direct pressure

Elevate the effected limb if necessary

Apply sterile dressing to cover wound

Seek further help if necessary

### NB

**Do not get soap in your eye – if this does happen rinse with copious amounts of water**

**Do not hard scrub the wound**

**Use alternatives if you are allergic to certain antiseptic creams, plasters or dressings**

### SIGNS OF INFECTION

- Increase in Redness around the wound
- Increase in pain around the wound
- Ooze or discharge from the wound
- Unpleasant odour from the wound
- Feeling unwell  
(nausea vomiting high temperature)

### WHO TO CONTACT & CARE PATHWAYS FOR FURTHER ADVICE AND CARE

999/112 IN AN EMERGENCY

LOCAL EMERGENCY DEPARTMENT

LOCAL INJURY UNIT

GP OR DR ON CALL