



Wound

Care

**A wound neglected
is a wound infected.**

Stop waiting, start healing!

What is a wound?

A wound is an injury to the skin or deep tissue, resulting in damage to the normal function of the tissue.

Normally, the skin heals quickly on its own. When wounds don't heal easily, they are chronic wounds that need special care to heal. Wounds can be accidental, surgical, or may occur because of underlying disease (eg diabetes).

Other wounds include:

- Pressure injury (pressure over a bony area causing skin to break down)
- Arterial or venous ulcers (injury to feet or legs from poor circulation)
- Diabetic ulcers (from poor circulation, loss of feeling etc)



Keeping a wound covered with a dressing reduces pain and lowers the risk of infection.

Why isn't my wound healing?

When you have an open wound, common bacteria (germs) from your skin may enter the wound.

Bacteria in wound is called contamination. Contamination is not a problem if the bacteria does not reproduce.

Infection occurs when bacteria reproduces and invades the soft tissue, preventing the wound from healing.

Other factors that slow wound healing include:

- Poor nutrition
- Diseases such as diabetes and diseases of the liver, kidney or lungs
- Treatments such as chemotherapy or radiation therapy
- Smoking
- Obesity

**Four persons a day lose a limb or
appendage because of diabetic-related
complications in Singapore.**

When must I seek professional help?

- You have diabetes or arterial disease
- There is increased redness, swelling and pain around the wound site, and it feels warm to touch. Some redness and swelling are normal initially, however this should resolve within a week.
- The wound looks yellow, pale or black, has an offensive smell or discharges green fluid or pus.
- You have fever or chills, and experience nausea or vomiting.
- The wound is not healing within four weeks.

St Luke's Hospital cares for patients with complex wounds, helping patients to recover safely and be cared for in the community.

Wound care is available as inpatient, outpatient and home care.

- **Inpatient:** 6895 3290, referral@stluke.org.sg
- **St Luke's Community clinic:** 6895 3230, outpatientclinic@stluke.org.sg
- **Home care:** 6895 3204, hcs@stluke.org.sg

St Luke's Community Wound Centre

St Luke's Hospital has been caring for patients who need continuous wound care.

In 2016, we set up a community wound centre. As a one-stop resource centre, it provides integrated wound care management, and sharing of knowledge, skills and wound management best practices.

With a dedicated multi-disciplinary team of doctors, nurses and dieticians, St Luke's Hospital has cared for many patients with many types of wounds, helping them to recover in the community.



After surgery, Fong Weng Him (left) transferred to St Luke's Hospital and continued receiving wound care after discharge.

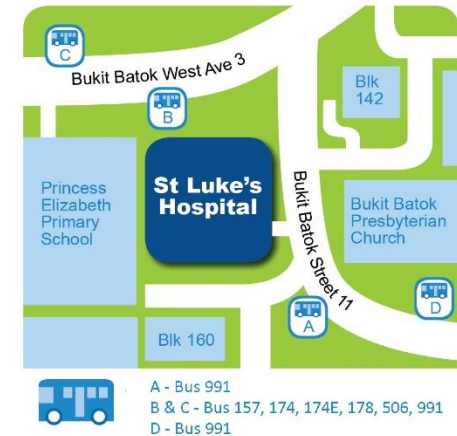
St Luke's Hospital

2 Bukit Batok Street 11 Singapore 659674

Tel: 6563 2281 **Fax:** 6561 8205

Email: general@stluke.org.sg

● slh.org.sg ● [fb.com/slhsg](https://www.facebook.com/slhsg) ● giving.sg/slh



Office hours

Mon–Fri

8.30 am–5.30 pm

Sat

8.30 am–12.30 pm

Closed on Sundays
and public holidays

By MRT

Alight at Bukit Batok MRT Station, take feeder service 991 from Bukit Batok Bus Interchange.

By Car

Limited car park lots are available within the hospital. Additional car parks are available at Blk 142, 160 and 161. A multi-storey car park is located at Blk 154A.

Visiting hours

Mon–Sun

10.00 am–8.00 pm