

Wound Care

- The area of redness (or your skin infection) may have been marked with a marker pen



- Do not wash this off—this is so your doctor/nurse can see if your skin infection is improving
- Your wound will be checked by a District Nurse or a member of the General Practice or Accident & Medical Centre team. They will change the dressing if required and check that the wound is improving.

IT'S IMPORTANT THAT YOU

- Rest and allow yourself to recover
- Drink plenty of water
- Have a towel for your use only

If you are

- Worried at any time
- Having difficulties coping
- Feeling unwell
- Feeling you are getting worse with increasing pain or fever

Please contact your GP or an Accident & Medical Centre team (contact details are below for Accident & Medical Centre teams).

City Doctors

22 Victoria Venue, Palmerston North
Phone: (06) 355 3300
Open: 8am—10pm, 7 days a week

Radius Medical The Palms

445 Ferguson Street, Palmerston North
Phone (06) 354 7737
Hours: Monday to Friday, 8am—8pm

If they are unavailable, please contact
Healthline - 0800 611 116
or go to the Emergency Department,
Palmerston North Hospital



Cellulitis

Patient Information



What is Cellulitis?

Cellulitis is a bacterial skin infection. Bacteria are found on the surface of the skin and cause no harm—but if they get under the skin they can cause an infection. They generally get in through cuts, grazes or bites. Signs of an infection include a tender, red area of skin. The infected area will be warm and swollen. With more severe infections you may develop a temperature (fever) and feel generally unwell with poor appetite, fatigue, and nausea.



Pain Relief

Your doctor will discuss appropriate pain relief and may give you a prescription.

Key Points:

- Take medication as directed
- Please rest as much as possible
- Elevate affected limb by resting it up on pillows
- Use the sling provided if your arm or hand is involved when walking around

These not only help relieve pain, but also help the healing process.

Treatment – Medicines

- Following clinical assessment by a Doctor, your cellulitis will be treated with antibiotics given either orally (by mouth in tablet form) or intravenously (through a plastic cannula in your vein).
- Antibiotics help your body fight the infection by killing the bacteria that are causing the infection.
- If your doctor decides that your cellulitis requires a higher dose of oral antibiotics or intravenous antibiotics initially, you will be asked to return to your General Practice Team or Accident and Medical Centre (A&M) in two days for a review.
- After two days, a Doctor will review the infection and decide whether to continue with the same treatment or change the treatment accordingly — this will be discussed with you.
- It is very important you take the oral antibiotics as directed

Antibiotics may cause side effects

Minor side effects include an upset stomach, itching or diarrhoea. These are common and should generally pass quickly.

Talk to your GP or Accident & Medical Team if these side effects do not resolve in 24—48 hours.

If you are unsure of what to do, ask your Doctor, Nurse, Healthline or a Pharmacist for advice

In the unlikely event that you experience serious side-effects, for example:

- extensive rash
- fever or high temperatures
- swelling of the face, lips, tongue
- shortness of breath, wheezing or troubled breathing

Call an ambulance 111 for immediate assistance

Important Key Points

- You have a bacterial infection of the skin.
- If you have been prescribed intravenous antibiotics for two days, the antibiotics will be given daily by your General Practice Team or by District Nurses.
- After two days of high dose oral antibiotic therapy or intravenous antibiotic therapy, you will need to follow-up with either your General Practice Team or be referred to an Accident & Medical Centre — you will be advised where to go.
- To allow healing to take place, you need to **REST** and **ELEVATE** the area involved.
- ***Do not stop taking your oral antibiotics.*** It is very important to take **ALL** the tablets. Your infection may come back if you stop taking your medicine.