

STAR APPOINTMENT NEEDED SKIN INFECTION ADVICE

You have a skin infection called **cellulitis.**

All visits to your nurse or doctor for **cellulitis** are **<u>FREE</u>** of charge (* see Note).

Your nurse or doctor needs to see you again in **2 days** to check that the infection is getting better. Please contact your GP Medical Centre to book this appointment, tell them you are

on the **STAR** Pathway.

IMPORTANT

Treatment:

1. Medication

Your doctor has put you on **antibiotics** to help fight the infection.

Do not stop taking the antibiotic, it is important to take ALL of the tablets.

Date:

Your infection may come back if you stop taking this medicine.

2. Rest and elevate

Please rest and elevate (raise up) the arm or leg with the infection above your heart.

WHY: It reduces swelling

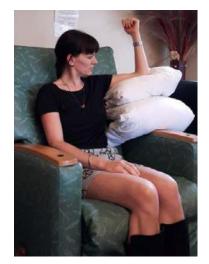
- It reduces pain
- It improves the circulation of the antibiotic
- It may prevent a stay in hospital

WHEN: Try to rest for most of the day

You can get up for a short time every hour - to go to the toilet or get some food/drink. Do not do heavy housework/DIY/gardening.

Ask your doctor for a medical certificate if you need one.







EBPHA/BOPDHB Cellulitis Pathway Dec 2020 V5

3. General

- Drink lots of water
- If you have an open wound, keep it clean and covered with a dressing
- It is normal for the red area to spread up your arm or leg for the first 1-2 days, this does not mean the medication is not working.
- After the medication is finished, your arm or leg will still look red, and it may take 1-2 weeks to look normal again. If you're worried, contact your GP.

See a doctor sooner than 2 days if:

- You have an allergic reaction to the tablets, which could be a rash or diarrhoea (runny poos). If you have trouble breathing, swelling around your mouth or you collapse, call an ambulance.
- You feel more unwell, which could be a fever (hot or cold, shivers) or feeling dizzy/faint. Drinking water and taking paracetamol might help, but call your doctor if you're worried.
- 3) The **pain**, **redness or swelling** in your arm or leg is **getting worse**. The redness often spreads for 1-2 days before it starts to get better, but call your doctor if you're worried (taking a photo of the red area is a good idea).

Call your GP or go to Whakatane Emergency Department (ED) if it is after-hours.

On Saturday and Sunday there is a GP in ED between 10 and 4 o'clock.

If you live closer to Opotiki, there is an after-hours service at the Community Health Centre, 32A King Street – please call 07 315 8500.

Help offered

We have asked a healthcare worker to call you (if you say it's ok) and offer any help you might need with:

- 1) If you don't have a GP in the EBOP. They can help you to enrol with one.
- 2) If you are finding it difficult to see your GP in 2 days. They can help you make the appointment and get to the doctors (transport).

***NOTE** - If you are enrolled with Ohope Beach MC or The Doctors Phoenix there may be a co-payment to pay.

