

# Patient Information: Cellulitis



*Elevate arm or leg ABOVE the heart*



## **Why?**

- Elevation is as important as your antibiotics in treating your cellulitis
- It reduces swelling
- It reduces pain
- It improves the circulation of antibiotic
- It may prevent a stay in hospital

## **When?**

- Elevate the affected limb the MAJORITY of the day
- You may get up for a short time every hour, e.g. to go to the toilet or get some food/drink
- You should remain off work and avoid heavy housework/DIY/gardening

## **How long?**

- Elevate for a few days, depending on how severe, until improvement (or your doctor advises)
- If you do not elevate, the success of your treatment may fail and you may end up in hospital

## **Concerns?**

- Call the number of your GP or Medical Centre for phone advice. You will be connected to a triage nurse if you call after 6pm.
- If you are not enrolled with a GP in the Bay of Plenty call 0800 FOR HEALTH for telephone triage