

# Skin Bacterial Infection

- b. Apply cream or ointment medication as prescribed to the surface of the wound for adequate protection.
- c. Watch for signs of infection such as redness, pain, warmth, tenderness and drainage from the wound.
- People with diabetes and those with poor circulation need to take extra precautions to prevent skin wounds and treat any cuts or cracks in the skin promptly. Good skin care measures includes:
  - a. Inspect your feet daily. Regularly check your feet for signs of injury so you can catch any infections early.
  - b. Moisturize your skin regularly. Lubricating your skin helps prevent cracking and peeling.
  - c. Trim your fingernails and toenails carefully. Take care not to injure the surrounding skin.
  - d. Protect your hands and feet. Wear appropriate footwear and gloves.
  - e. Promptly treat any superficial skin infections. Don't wait to start treatment.

## Possible Complication:

Sometimes skin bacterial infection can spread throughout the body, entering the bloodstream. In rare cases, it can enter into deeper layers of tissue. Potential complications that can occur are:

- blood infection
- bone infection
- tissue death (gangrene)
- Abscess—pus-filled lump under the surface of the skin due to build-up of bacteria.
- Inflammation on the outer covering of the brain which is fatal especially occurs in children.



## Patient and Family Education

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## What is Cellulitis ?

It is a common bacterial superficial skin infection.

## Causes and Risk Factors of Skin Bacterial Infection?

- weakened immune system
- skin conditions that cause breaks in the skin, such as cracks or cuts and foot infection.
- Use of medications through injection or direct to the vein
- history of cellulitis
- Known injury such as cut, fracture or wound

## Signs and Symptoms:

- Pain and tenderness in the affected area
- Skin redness or induration
- Skin sore or rash that grows quickly
- Feeling of warmth in the affected area
- High body temperature

## Some common signs of a more skin

- bacterial infection are:
- Shaking or chills
- Body and muscle ache
- Sweating
- Feeling of illness
- Warm skin

## Treatment and Care at Home:

- Rest the are of the body involved.
- Elevate the area above the level of the heart, this will help to decrease swelling and relieve discomfort.
- Use over-the-counter pain relievers such as Acetaminophen (Tylenol) or Ibuprofen (Motrin). This will decrease the pain as well as help the high body temperature down if manifested.

## Medical Treatment :

- If the infection is not severe, you can be treated at home. The doctor will give you medicine (antibiotic) to take by mouth for a week to 10 days.
- The doctor may use antibiotics that can be given through your vein or by injection in these situations:
  - a. If the infection is severe, involves extensive areas that close to important body structures, or the infection worsens after taking antibiotics for 2-3 days.
  - b. You have other medical problems
  - c. You are very young or very old

You may need hospitalization if the infection is well develop, extensive or in an important area, like the face

- Shaking or chills

## Prevention:

- Keep your skin clean and dry by practicing good hygiene.
- If you notice pain and discomfort from an area of the skin, check to see what it looks like. If it appears inflamed and progresses from one day to the next, you will most likely need treatment.
- Avoid situations that may injure your skin especially if you have swelling from circulatory problems.
- Wear sturdy, well-fitting shoes or slippers with loose-fitting cotton socks. Avoid walking bare-footed.
- Take these precautions when you have a skin wound:
  - a. Wash your wound daily with soap and water. Do this gently as part of your normal bathing.