



燙傷及燒傷 Scald & Burn Wounds

1. 立即以流動水沖洗 10-20 分鐘。
Cool the burn under running water for 10-20 minutes.

避免對傷口使用冰敷，以免凍傷。
Avoid putting ice to the wound so as to prevent frost bite.

2. 移除戒指、手錶或緊身衣物。
Remove jewellery or tight clothing before swelling occurs.



3. 不要刺破水泡、不塗牙膏或醬油。
Do NOT pop blisters or apply toothpaste/soy sauce.

4. 若面積大、疼痛劇烈或兒童/長者受傷，請立即求醫。
Seek medical care immediately for large burns, severe pain, older adult and kids.

慢性傷口 Chronic Wounds

傷口 超過 4-6 星期未能癒合，即屬慢性傷口。
A wound that fails to heal after 4-6 weeks is considered chronic.

常見相關疾病

Common Related Conditions

- 糖尿病 Diabetes
- 靜脈功能不全 Venous insufficiency
- 動脈血管疾病 Arterial disease
- 壓瘡 Pressure injury
- 免疫系統疾病 Immunocompromised conditions

延遲處理的後果

Consequences of Delayed Care

- 傷口擴大或惡化
- 感染風險增加
- 影響活動能力
- 可能需要住院或手術

Delayed care may lead to worsening wounds, infection, reduced mobility, or need for hospitalisation.



Canossa
HOSPITAL (CARITAS)
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傷口護理小冊子 Wound Care Guide

適當傷口護理的重要性:

Importance of Proper Wound Care:

- 加快癒合、減少感染，並降低疤痕形成。
Speeds healing, reduces infection risk, and minimises scarring.
- 保持傷口清潔乾爽及使用合適敷料，有助皮膚在最佳環境下修復。
Keeping the wound clean, dry, and properly dressed supports optimal healing.
- 避免傷口惡化或需要進一步治療。
Prevent clinical deterioration and minimises the need for additional medical intervention.



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9542 4509 (服務時間 during service hours)
5286 3013 (非服務時間 non-service hours)



2825 5805 (24 小時 hours)

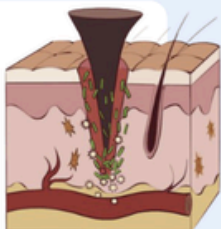
傷口癒合過程 Wound Healing Process

四個主要階段

4 Main Stages of Wound Healing

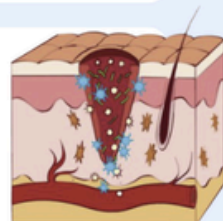
凝血期 Haemostasis (數小時 / Few hours)

血管收縮，血小板形成纖維蛋白凝塊以止血。
Blood vessels constrict and platelets form a fibrin clot to stop bleeding.



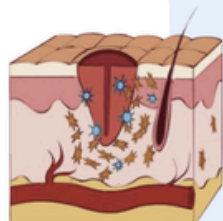
炎症期 Inflammatory Phase (0-3 日 / days)

• 傷口紅腫、微熱屬正常反應
• 身體啟動免疫系統清除細菌及壞死組織
Normal redness and mild swelling occur as the immune system clears bacteria and debris.



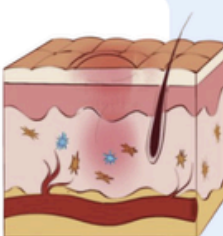
增生期 Proliferation Phase (3-21 日 / days)

• 新生肉芽組織形成
• 傷口逐漸收縮
New granulation tissue forms and the wound begins to contract.



重塑期 Remodeling Phase (3 週至數月 / weeks - months)

• 皮膚逐漸變得堅韌
• 疤痕開始成熟
Skin strengthens and scar tissue matures over time.



基本清潔簡單傷口（例如：擦傷） Basic Cleaning Steps for Minor Wounds (e.g., Abrasions)

1. 按醫生或醫護專業人員指示，使用合適藥水（如生理鹽水或希必定濃液劑）清潔傷口。
Clean the wound with normal saline or Hibitane solution as instructed by your doctor or health professionals.
2. 若傷口較多分泌物或污垢，可將紗布浸濕藥水，敷在傷口 10 分鐘，再輕力清潔。
If there is heavy discharge or dirt, soak gauze with solution, place on wound for 10 minutes, then clean gently.
3. 把傷口印乾。
Pat the wound dry.
4. 按指示貼上合適敷料（如防水透氣膠布、油紗布或指定敷料）。
Apply appropriate dressing as instructed.

注意事項 Important Notes

- 清潔傷口前 必須先清潔雙手。

Wash hands before wound care.



Redness & Swelling

- 若出現 紅、腫、熱、痛、膿液 等感染情況，請立即求醫或聯絡傷口護士。

Seek medical help if signs of infection appear (redness, swelling, heat, pain, pus).

疤痕形成與處理

Scar Formation & Management

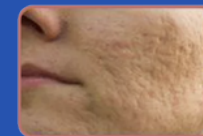
傷口癒合後，皮膚會產生膠原蛋白修補受損組織，形成疤痕。

After healing, collagen rebuilds the skin, forming scar tissue.

常見疤痕類型

Common Types of Scars

- 增生性疤痕
Hypertrophic scar
- 凹陷性疤痕
Atrophic scar
- 蟹足腫
Keloid



疤痕處理方法

Scar Management Options

- 按醫護指示使用矽膠片或矽膠啫喱
Silicone sheets/gel
- 按摩疤痕以改善柔軟度
Scar massage
- 避免陽光直射並使用防曬
Sun protection
- 需要時可考慮激光或其他治療（由醫生評估）
Doctor-assessed treatments such as laser therapy.

