



Lodi Memorial Hospital

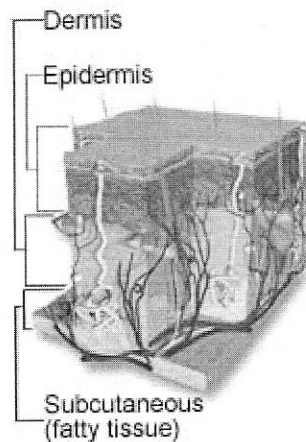
975 S. Fairmont Ave, Lodi CA 95240
(209) 334-3411

Date: 03/11/14
Account No: V025571266
Unit No: M053082
Patient: PARVIN, MARY JEAN
Location: 4S
Physician: Wade, Elliot MD -HOSP

Cellulitis

WHAT YOU SHOULD KNOW:

- Cellulitis is an infection of the dermal layer of your skin. The infection may also spread to the tissue under your skin. Cellulitis more commonly occurs on your legs or arms, but can occur in any area of your body. Cellulitis is caused by germs called bacteria. The germs can enter your skin through an opening, such as from a bite, rash, scratch, or a cut. You can also get cellulitis if you have an object under your skin that is not normally there.



Skin Layers

- A cellulitis infection may cause an area of your skin to be red, warm, swollen, and painful. Your skin may look and feel bumpy, like an orange peel. You may have a fever and swollen lymph nodes. Lymph nodes are small, round lumps of tissue in your body that help you fight infection. Your caregiver may know you have cellulitis by looking at, and feeling your skin. You also may need blood tests, a skin biopsy, or x-rays. Treatment may include medicines to kill the germs causing your infection. Treatment may decrease symptoms such as swelling and pain. Treatment may also stop the infection from spreading, and cure the infection completely.

AFTER YOU LEAVE:



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Medicines:

- **Keep a current list of your medicines:** Include the amounts, and when, how, and why you take them. Take the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency. Throw away old medicine lists. Use vitamins, herbs, or food supplements only as directed.
- **Take your medicine as directed:** Call your primary healthcare provider if you think your medicine is not working as expected. Tell him about any medicine allergies, and if you want to quit taking or change your medicine.
- **Antibiotics:** This medicine is given to fight or prevent an infection caused by bacteria. Always take your antibiotics exactly as ordered by your primary healthcare provider. Do not stop taking your medicine unless directed by your primary healthcare provider. **Never** save antibiotics or take leftover antibiotics that were given to you for another illness.

● Pain medicine:

You may need medicine to take away or decrease pain.

- Learn how to take your medicine. Ask what medicine and how much you should take. Be sure you know how, when, and how often to take it.
- Do not wait until the pain is severe before you take your medicine. Tell caregivers if your pain does not decrease.
- Pain medicine can make you dizzy or sleepy. Prevent falls by calling someone when you get out of bed or if you need help.

- **Steroids:** This medicine may be given to decrease inflammation.

Ask for information about where and when to go for follow-up visits: For continuing care, treatments, or home services, ask for more information.

Cellulitis prevention: The following may help prevent the spread of your cellulitis to others. The following also may help decrease your risk for another cellulitis infection:

- **Do not share personal items:** Do not share items such as towels, clothing, and razors with other people.
- **Clean exercise equipment before using it:** Make sure that the exercise



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equipment you use is cleaned with germ-killing cleaner before using it.

- **Take care of your skin:** Use lotion to prevent dry, cracked skin. Always follow your caregiver's instructions for taking care of open sores.
- **Wash your clothing and towels:** Wash your clothing and towels after each use. Using hot water, and soap or bleach may help kill any germs on your clothing and towels.
- **Wash your hands:** Wash your hands often to decrease your risk for infection. Always wash your hands after using the bathroom or changing a diaper. Wash your hands before preparing food or eating.

Elevate your infected arm or leg: Use pillows to keep your infected arm or leg at, or above the level of your heart. Elevation helps decrease swelling, and may improve your healing. If you have blood vessel disease, elevating a swollen arm or leg may help prevent cellulitis. Follow your caregiver's instructions about ways to decrease swelling.

For more information: Contact the following:

- National Institute of Allergy and Infectious Diseases
NIAID Office of Communications & Government Relations
6610 Rockledge Drive, MSC 6612
Bethesda, MD 20892-6612
Phone: 1-301-496-5717
Phone: 1-866-284-4107
Web Address: www3.niaid.nih.gov

CONTACT A CAREGIVER IF:

- You have a fever.
- You symptoms do not get better within three days of starting antibiotic medicine.



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- You feel weak and dizzy.
- You have questions about your cellulitis infection or treatment.

SEEK CARE IMMEDIATELY IF:

- You have a high fever with shaking chills.
- You have a thin, grayish-brown discharge coming from your infected skin area.
- You feel a crackling under your skin when you touch it.
- You have bluish-purple dots or bumps on your skin, or you see bleeding under your skin.
- You have new swelling and pain in your legs.
- You have sudden trouble breathing or chest pain.
- You have worsening pain in the area of your infection.
- Your heart is beating faster than it normally does.
- Your skin is flaking or peeling off.
- The red area on your skin is getting bigger, or you see red streaks coming from the infected area.

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