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## Understanding Cellulitis



To deliver intelligent and holistic medicine and to provide the best healthcare  
Compassion Quality Innovation Accountability

All information above has been reviewed by INF specialists  
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## A. What is Cellulitis?

Cellulitis is bacteria invade the skin tissues through a wounds and(dermis and subcutaneous tissues) release toxin. The growth in the tissue spaces and widely distributed, which can lead to inflammatory response.

## B. Who is easy to get the cellulitis?




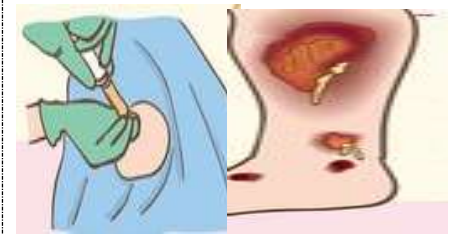
- ✓ People with poor resistance: the elderly, the use of immunosuppressive agents.
- ✓ Poor blood circulation: obesity, cardiovascular disease, poor liver function.
- ✓ People who are prone to wounds: tooth extraction, diabetes patients, kidney disease patients, Barefoot worker.
- ✓ Those who often irritate the skin: like to squeeze acne, like to wear shoes that do not fit well.

## C. Clinical symptoms:

- Lesion may have different wound pattern according to bacterial strain. Sometimes, it doesn't show obvious margin.
- Infection site shows red, swollen, hot and painful, nodules sometimes appear in the infected area.
- Some patient may combine with fever, chills, general malaise, headaches or joint pain, if no adequate treatment, it may be further developed into gangrene, abscess or sepsis.



## D. Treatment:

	(A) Apply ointment, oral or drip-injected antibiotics under the direction of a physician.
	(B) If the infection site has the wound, it should be daily dressing and keep sterile.
	(C) The patient has tinea pedis should clean his feet before applying ointment.
	(D) If abscess formation, surgery such as drain or debridement should be considered.

圖片來源:<https://is.gd/w6XMTj>

## E. Precautions:

- (A) To avoid infection, please keep hands clean. If no necessary, do not touch the wound.
- (B) Keep the environment clean, reduce the probability of cross contamination.
- (C) Keep the wound and surrounding skin clean and dry.
- (D) Using soft pillow to raise, reduce the red and swollen limbs.
- (E) Encourage more bed rest, eating high protein diet (fish, poultry, pork, beef, eggs, dairy products) to increase immune system.

(F) Ice pack can be used to relieve pain with the permission of the doctor. Rest at least 30 minutes for 10 minutes ice pack, 4-6 times a day.

(G) Take the medicine and return to the doctor on time according to the doctor's instructions.

## **F. Conclusion :**

Cellulitis is a common acute infection disease and easy to recurrence, it is often accompanied by pain, and insufferable. Do not ignore small wounds, the early diagnosis and appropriate antibiotic treatment, have the good prognosis.

## **G. References :**

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## **Let us take the quiz to make sure you understand**

1. Cellulitis is bacteria invade the skin tissues through a wounds and (dermis and subcutaneous tissues) release toxin.  
 Yes     No     Don't know
2. People with low resistance or poor blood circulation are at high risk for cellulitis.  
 Yes     No     Don't know
3. In the case of cellulitis, a distinctive reddish contour or sclerotic border can be found at the site of the lesion.  
 Yes     No     Don't know
4. Redness, swelling, burning sensation and painful nodules may occur at the site of infection.  
 Yes     No     Don't know
5. When an abscess has formed, surgical incision and drainage or wound debridement is necessary.  
 Yes     No     Don't know