


Cellulitis

2025

Patient Oriented Discharge Summary (PODS)

 I came to the hospital on _____ and left on _____.

- ☐ I know why I was in the hospital.
- ☐ My essential care partner has a copy of this PODS.
- ☐ I have a copy of my Patient Priorities and Goals of Care form.



Medications

- ☐ My list of medications was reviewed with me.
- ☐ My approval forms for medication coverage have been submitted.
- ☐ My prescriptions were faxed to my pharmacy at: _____
- ☐ My medications from home were returned to me.
- ☐ I will ask my primary health care provider (family doctor or nurse practitioner) or my pharmacist if it is safe to use over-the-counter medications or supplements (like vitamins, herbal products).

Before discharge, I received:



☐ My morning medications



☐ My midday medications



☐ My evening medications

Notes: _____



While I was in the hospital I received:

Flu vaccine

- ☐ Yes
- ☐ Not applicable

COVID vaccine

- ☐ Yes
- ☐ Not applicable

Pneumonia vaccine

- ☐ Yes
- ☐ Not applicable

- ☐ After I go home, I will talk to my primary health care provider or to my pharmacist about keeping my vaccines up to date.



Care at home

- Raise the affected area several times a day until swelling improves.
 - › You may have limb edema (swelling) for months after signs of infection are gone.
- Use compression as told by your health care team.
- Follow your health care team's instructions for managing your pain.
- Keep taking antibiotic medications, if prescribed.
 - › You may still have swelling, even after finishing your antibiotics.
- It may take weeks for your skin to heal fully.
 - › It may take time for your skin colour to go back to normal.
- You may still feel tired. Get plenty of rest.



Home care

- ☐ I have Continuing Care set up for when I go home.
- For more information:
 - › Phone (toll-free): 1-800-225-7225
- Scan the QR code or visit:
 - › www.nshealth.ca/continuing-care



Equipment

- ☐ I have been approved for equipment funding.
- ☐ I have a prescription for equipment from an occupational therapist.

Canadian Red Cross – Health Equipment Loans

- › Phone: 902-423-3680
- › www.redcross.ca/in-your-community/nova-scotia/health-equipment-loans



Exercise

- You can go back to your usual activities, unless your health care provider tells you otherwise.



Prevent infection

- **The best way to prevent the spread of infection is to wash your hands often with soap and water or use alcohol-based hand rub.**
- Stay home until you are well.
- Wear a face mask in public places.
- Try to avoid others who are sick.
- Keep your vaccines up to date.



Eating and drinking

- It is important to eat healthy foods to help with healing.
- If you are not as hungry as usual, eat small meals more often through the day.
- ☐ I will follow high energy, high protein nutrition guidelines. Ask a member of your health care team for pamphlet 0564, *High Energy, High Protein Guidelines*, scan the QR code, or visit:
 - › www.nshealth.ca/patient-education-resources/0564
- ☐ I will follow the nutrition guidelines I was given in the hospital for _____ (time period).



Smoking

- **The best thing you can do for your health is to stop smoking and/or vaping.**
- When you are ready to quit, call 811 for information about resources to help you quit.



Sex

- If you have questions about going back to having sex, talk with your health care provider.










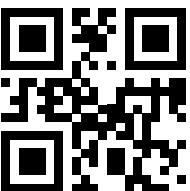



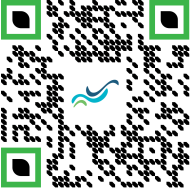

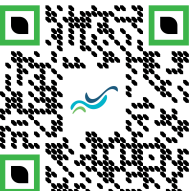
Mental health

- Practice habits to help your mental health (like lowering anxiety and stress) during and after your recovery. For ideas, scan the QR code or visit:
 - › <https://mha.nshealth.ca>
- If you are having trouble with your mental health, or alcohol or drug use:
 - Mental Health and Addictions Services Intake Service
 - › Phone (toll-free): 1-855-922-1122
 - **If it is an emergency, call 911 or go to the nearest Emergency Department right away.**



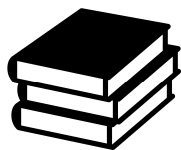
My appointments:

Who?	Why?	When?	Contact information
Primary health care provider			
Specialist			

	Personal Directives in Nova Scotia Have you created and discussed your personal directives and/or advanced care planning for your health goals? Learn more: › https://novascotia.ca/just/pda/	
	Need a Family Practice Registry If you do not have a primary health care provider, you can register to be added to the Need a Family Practice Registry: › https://needafamilypractice.nshealth.ca/ › Phone: 811	
	Being on the Need a Family Practice Registry gives you access to VirtualCareNS . They can prescribe medications, order tests, and refer you to a specialist or in-person care as needed: › www.nshealth.ca/clinics-programs-and-services/virtual-care-ns	
	211 Nova Scotia is a free, confidential information and referral service that can connect you to programs and services offered by local community groups, nonprofits, and government departments across Nova Scotia, 24/7: › Phone: 211 › https://211.ca	
	YourHealthNS YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer: › https://yourhealthns.ca	
	Where to Go for Healthcare Find information about health care services in your area: › www.nshealth.ca/wheretogoforhealthcare	
	HealthyNS Healthy NS provides free online health and wellness classes for people who live in Nova Scotia. You do not need a referral. To register for a class, use your Nova Scotia health card. For more information and to register for a class: › www.healthyns.ca	

Resources

Scan the QR code



Patient Education

Find easy to understand and trustworthy health information:

- › <https://library.nshealth.ca/patienteducation>



How can I prevent cellulitis?

- Having cellulitis makes it more likely to happen again.
- Keep wounds and sores clean.
 - › Clean cuts, abrasions (scrapes), and other skin injuries well with soap and water.
 - › If you have a bandage, change it if it gets wet or dirty, or as told by your health care team.
- Take care of your skin.
 - › Moisturize dry skin with unscented products every time after bathing. **Do not** put moisturizer on moist areas (like between your toes).
- Follow your health care team's instructions about managing any chronic conditions you have (like diabetes or edema).
- Check your hands and feet each day for sores, cracks, or red areas.
- Carefully trim your toenails and fingernails.
- **Do not** scratch or rub wounds, or pick at scabs.
- **Do not** swim if you have cuts or sores.

Notes:

[illegible]

What cellulitis zone are you in today?

<p>✓ Green Zone: All clear — This is your goal.</p> <ul style="list-style-type: none"> • Wound is healing • No new wounds • No fever (temperature above 38 °C or 100.4 °F) 	<p>What to do:</p> <ul style="list-style-type: none"> • Your symptoms are under control. • Go to all scheduled appointments with your primary health care provider (family doctor or nurse practitioner) and for wound care. • See How can I prevent cellulitis? on page 5.
<p>⚠ Yellow Zone: Caution — This zone is a warning.</p> <ul style="list-style-type: none"> • A wound that is red, swollen, or sore • Other signs of infection (like a fever) • A cut that does not heal or is getting worse • Drainage or pus from a wound • A wound that is getting more painful • Any other symptoms that worry you 	<p>What to do:</p> <ul style="list-style-type: none"> • Keep taking your prescribed medications as usual. • Get plenty of rest. • Call your primary health care provider or your Wound Care Nurse to ask what to do, or go to a walk-in clinic. • If you do not have a primary health care provider, call 811 to be added to the waitlist and to get access to VirtualCareNS (see page 4).
<p>🚨 Red Zone: Emergency — This means act fast!</p> <ul style="list-style-type: none"> • Fever (temperature above 38 °C or 100.4 °F) and 1 or more of these symptoms: <ul style="list-style-type: none"> › Redness, swelling, or pain around the wound that is getting worse › Nausea (feeling sick to your stomach) and/or vomiting (throwing up) › Chills and/or sweating › Too painful to move a joint › Weakness, numbness, or tingling around the wound 	<p>What to do:</p> <ul style="list-style-type: none"> • Call your primary health care provider today to tell them your symptoms and make an urgent appointment. • If you cannot reach your primary health care provider, go to an Urgent Treatment Centre or to the nearest Emergency Department right away.

☐ *I acknowledge (accept) that Nova Scotia Health cannot be held responsible for the use, disclosure, storage, and destruction of this information once provided to me, my Substitute Decision Maker, or designate. I acknowledge Nova Scotia Health does not retain (keep) a copy of this form within my medical record and cannot be reissued (printed again) if lost.*

Signature (Patient/Family): _____

Health care provider: _____ (RN)

Date (YYYY/MM/DD): _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Integrated Acute and Episodic Care Network/Integrated Access and Flow Network
Designed and Managed by: Library Services*