



皮膚和軟組織感染 (細菌感染) Skin and Soft Tissue Infection (Bacterial infection)

甚麼是皮膚和軟組織感染?

What is skin and soft tissue infection?

當皮膚出現破損時，致病源(例如：細菌、病毒、真菌)進入皮膚及皮下組織引起感染。大部份細菌性的社區感染是由金黃葡萄球菌和鏈球菌所引致。皮膚和軟組織感染的疾病範疇廣泛，一般而言，簡單局部性的感染，例如毛囊炎、膿瘡、蜂窩組織炎，通常可於門診治理。

Infection of the skin and underlying tissue occurs when pathogens (e.g. bacteria, virus, fungus) enter through skin breaks. Most community-acquired bacterial infections are caused by *Staphylococcus aureus* and *Streptococcus* species. Skin and soft tissue infections consist of broad spectrum of diseases. In general, simple and localized infections such as folliculitis, abscess and cellulitis are usually amenable to outpatient management.

皮膚和軟組織感染有甚麼病徵?

What are the symptoms of skin and soft tissue infection?

病徵包括於受感染的部位出現紅腫、發熱、觸痛或流膿。

Symptoms include redness, swelling, warmth, and skin tenderness or pus drainage.

如何診斷皮膚和軟組織感染?

How is it diagnosed?

你的家庭醫生會根據你的病歷史和身體檢查作出診斷並查看你病情的嚴重性。有時，你的醫生可能需要採取傷口拭子樣本或膿液作進一步測試。至於皮膚膿瘡，醫生可能用小手術刀界開患處將膿液放出。如感染屬嚴重，你也許需要入院再作治療。

Your family doctor will base on your medical history and physical examination to make the diagnosis and determine your disease severity. Sometimes, your doctor may need to collect your wound swab or pus for further testing. For skin abscess, doctor may use a scalpel to cut open the abscess to release the pus out. If the infection is severe, you might need to be admitted to hospital for further treatment.

我需要抗生素嗎?

Do I need antibiotic?

細菌性的皮膚和軟組織感染可能需要使用抗生素。病情輕微者，外用抗生素已足夠作治療之用，若醫生處方口服抗生素，你應遵從家庭醫生指示完成整個療程。

Bacterial skin and soft tissue infection may require antibiotic. In mild cases, topical antibiotic is adequate for treatment. If oral antibiotic is prescribed, you should finish the course as instructed by your family doctor.

我何時需要求診?

When should I call my doctor?

如病徵沒有改善或病情轉差(例如：發燒、發冷、疲倦、心悸、嘔吐，顯示感染可能出現擴散)，或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

Call your doctor if your symptoms don't start to improve, get worse (e.g. fever, chill, malaise, palpitation, and vomiting may indicate spread of infection), or you are worried about your illness.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。

This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.

Always consult your family doctor for more information.