

Supplementary material for

Patient satisfaction with a consumer codesigned lower limb cellulitis leaflet

Jaclyn L. Bishop^{1,2,3,13} MPH, PhD Candidate

Mark Jones³ BN, Research Officer

James Farquharson⁴ MCLinPharm, Research Officer

Kathrine Summerhayes⁵ BN, Research Officer

Roxanne Tucker⁵ RN, AdvDipBusMgt, Clinical Risk Manager

Mary Smith⁶ BN, Regional Infection Control Advisor

Raquel Cowan⁷ MBBS, PhD, Infectious Diseases Physician

N. Deborah Friedman^{8,9} MD, Infectious Diseases Physician

Thomas R. Schulz^{1,10,11} DMedSc, Infectious Diseases Physician

David C. M. Kong^{1,2,3,12} PhD, Deputy Director of Pharmacy

Kirsty L. Buising^{1,2,10,11} MD, Infectious Diseases Physician

¹National Centre for Antimicrobial Stewardship, Peter Doherty Research Institute for Infection and Immunity, The University of Melbourne, Level 5, 792 Elizabeth Street, Melbourne, Vic. 3000, Australia.

²The University of Melbourne, Faculty of Medicine, Dentistry and Health Sciences, Department of Medicine – The Royal Melbourne Hospital, Royal Parade, Melbourne, Vic. 3050, Australia.

³Pharmacy Department, Ballarat Health Services, Drummond Street, Ballarat, Vic. 3350, Australia. Email: mark.jones@bhs.org.au; david.kong@bhs.org.au

⁴Pharmacy Department, Colac Area Health, Connor Street, Colac, Vic. 3250, Australia. Email: JFarquharson@cah.vic.gov.au

⁵Clinical Improvement, Risk and Innovation, Wimmera Health Care Group, Baillie Street, Horsham, Vic. 3400, Australia. Email: Kathrine.Summerhayes@whcg.org.au; roxanne.tucker@whcg.org.au

⁶Department of Health (Victoria), McLachlan Street, Horsham, Vic. 3400, Australia.

⁷Department of Internal Medicine, Ballarat Health Services, Drummond Street, Ballarat, Vic. 3350, Australia. Email: Raquel.Cowan@bhs.org.au

⁸Department of Infectious Diseases, Barwon Health, Ryrie Street, Geelong, Vic. 3220, Australia. Email: deborahf@barwonhealth.org.au

⁹School of Medicine, Faculty of Health, Deakin University, Pigdons Road, Waurin Ponds, Vic. 3216, Australia.

¹⁰Victorian Infectious Diseases Service, The Royal Melbourne Hospital, 300 Grattan Street, Melbourne, Vic. 3050, Australia. Email: thomas.schulz@mh.org.au; Kirsty.Buising@mh.org.au

¹¹Department of Infectious Diseases, Peter Doherty Institute for Infection and Immunity, University of Melbourne, 792 Elizabeth Street, Melbourne, Vic. 3000, Australia.

¹²Centre for Medicine Use and Safety, Monash Institute of Pharmaceutical Sciences, Monash University, 381 Royal Parade, Parkville, Vic. 3052, Australia.

¹³Corresponding author. Email: jaclynb@student.unimelb.edu.au

Cellulitis

(sell-u-ly-tiss)

1. What is cellulitis?

Cellulitis is a skin infection that often occurs in the legs. The area is usually:

- **Warm**
- **Red**
- **Sore**
- **Tight**

You may also have other signs of infection such as fever, sweats, shakes or loss of appetite.



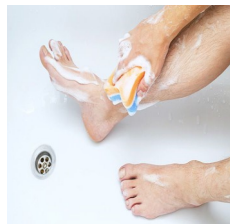
Cellulitis happens when bacteria enters the inner layers of your skin, often when it is damaged or broken (e.g. from an insect bite, tinea or when the skin is cracked and dry).

2. What should I expect when I am in hospital?

Antibiotics to treat the infection
via a drip or as a tablet/capsule



Washing of the limb



Elevation of the limb
to reduce swelling



Treatment for other conditions which can help the symptoms of cellulitis improve:

e.g. tinea



dry skin



compression to reduce swelling



REMEMBER: the area of redness may spread, even once you start antibiotics.
It can take weeks or months for the skin changes caused by cellulitis to disappear.
In some people, the skin changes are permanent.

My questions:

Cellulitis

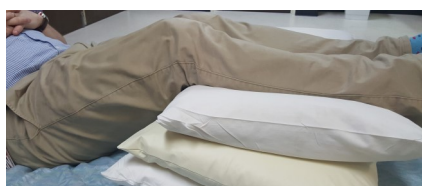
(sell-u-ly-tiss)

3. What care is required for my cellulitis at home?

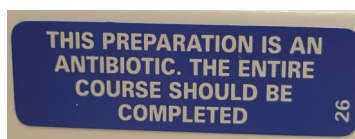
If you've had cellulitis before, you are more likely to have it again. These tips may help prevent it returning.

Elevate the limb as much as possible

1. while the area is still red, hot and swollen
2. if the limb becomes swollen again

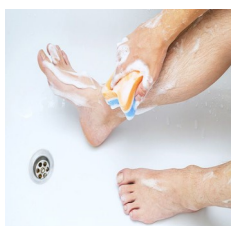


Continue to take the antibiotics as prescribed for you



Moisturise your skin at least daily

Use a soap free, pH adjusted cleanser (ask your pharmacist for suggestions)



Wash or bathe daily

Mois-

to prevent it becoming dry and cracked. Use a perfume free moisturiser.



Check feet and toes often for fungal infections (e.g. tinea, Athlete's foot) and treat if found

Maintain a healthy weight



4. When should I seek medical advice?

Seek medical advice if:

- the redness continues to spread very quickly
- you develop a high fever or sweats
- the area becomes very painful
- the area develops pus



CELLIT Project
Version 2 January 2020
Catalogue Number: 733191

5. More information?

These websites may be of interest

DermNet NZ: www.dermnetnz.org/topics/cellulitis/

Better Health Channel: www.betterhealth.vic.gov.au (search for cellulitis)

Disclaimer: While we make every effort to make sure the information in this leaflet is accurate and informative, the information does not take the place of professional or medical advice. We do not accept any liability for any injury, loss or damage caused by use of the information.