

Patient Information Guide WOUND CARE



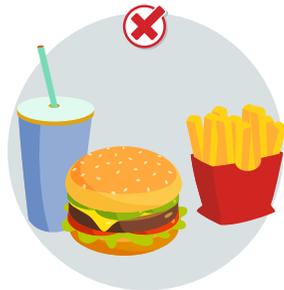
What is a wound?

A wound is an injury or break in skin due to

- Surgery
- Pressure
- Accident/Trauma

Factors that affect healing

- Poor nutrition
- Local infection
- Smoking
- Hygiene
- Certain medications
- Chronic illness e.g. diabetes, high blood pressure, high cholesterol
- Size and location of wound
- Picking or disturbing the wound
- Poor blood supply



How can you help your wound heal faster?

- Keep your wound dressing clean and dry at all times.
- Take care not to wet your dressing during your shower. Use a plastic wrap to protect your dressing if necessary.
- Do not change your dressing unless instructed by the nurse or doctor.
- Do not apply non-prescribed products on your wound without consultation.
- Keep prescribed wound products in a resealable bag.
- Store your prescribed wound products at room temperature, away from direct sunlight.
- Take your medications as prescribed by your doctor and if you have been given antibiotics, always complete the full course.
- If you are diabetic, ensure good glucose control at all times.
- To reduce swelling over leg areas, elevate your feet. Place a couple of pillows under your feet when you lie down.
- Apply moisturiser to dry skin surrounding your wound to retain moisture balance.
- Take proper rest as it is important; your body can then be at its best to heal your wound.
- Stop smoking. Smoking hinders wound healing.
- Avoid putting pressure onto your wound site.
- Attend all follow-up appointments as scheduled.

What are the signs and symptoms of wound infection?

- A sudden increase in pain at wound site.
- Increased swelling, warmth, redness and foul smell around wound site.
- Increased amount of discharge or presence of pus-like drainage from wound.

If you experience any of the above symptoms, please seek medical attention.



Wound care is important as it prevents infection and helps the wound to heal faster.

