

Wound Care

1. Keep It Clean...

- Warmed tap water is effective in cleansing wounds.
- You may be asked to shower your wound.
- Avoid getting soap on the wound and rinse it well by flushing running water on it.
- Antiseptics are not recommended.

2. Keep It Covered...

- A **closed wound** (eg: following a surgical procedure) heals best if it is kept clean and dry.
- An **open wound** heals best if it is cleaned well and kept moist.
- Dressings help new tissues and skin growth and protect the wound from further damage and infection.

3. Keep It Moist...

- Open wounds are less painful and heal faster if they are kept moist.
- Some new dressings can be left on the wound for up to 7 days.
- Don't be alarmed if your wound is not dressed daily.

4. Keep A Lookout...

- You can help by telling a health professional eg doctor or nurse if the following happens: increased pain, swelling and redness around the wound.

Helping It Heal...What To Do.

- Follow good personal hygiene habits.
- Choose healthy foods such as: dairy products, cereals, fruit and vegetables, poultry and lean meats.
- **Stop smoking.**
- Get plenty of rest.
- Report any redness, swelling, tenderness or pain around the wound to a health profession eg doctor or nurse.
- Follow advice from a health professional eg doctor or nurse.

What The Dressing Will Do:

- Some new dressings used today look like rubber or plastic. They may even be waterproof.
- Their aim is to work with your body to heal the wound faster with less pain, by keeping it moist and warm.
- New technology enables the dressing to remain on the wound for several days. A slight smell is normal and expected when the dressing is changed.