

A Guide for Patients and Families

Caring for Your Wound



Why do you have a wound?

A wound is an injury of breakdown of the skin due to several reasons:



Surgery



Pressure



Injury

What are the factors that could affect wound healing?



- Chronic medical conditions such as diabetes, heart diseases and high blood pressure.
- Smoking
- Poor hygiene
- Poor nutrition
- Local or prolonged infection of wound.
- Poor blood supply to the location of wound.
- Pressure or excessive movement at wound area.

How do you care for your wound?



Maintain wound dressing clean and dry at all times. You may use a plastic cling wrap to protect the dressing before shower.



DO NOT change your dressing unless instructed by doctor or nurse.



DO NOT apply non-prescribed products on wound without informing your doctor or nurse.



Store your prescribed wound products in a zip lock bag at room temperature and away from direct sunlight.



For diabetic patients, ensure good glucose control at all times.



Elevate lower legs by placing pillows underneath when you are lying down to reduce swelling if not contraindicated.



DO NOT smoke as smoking affects wound healing.



Avoid pressure and friction to wound site.



Complete the prescribed course of oral antibiotics.



You may take pain medication as prescribed before your dressing appointment to reduce your pain.

What are the signs and symptoms of wound infection you should look out for?

- Fever
- Sudden increase in pain at the at the wound site.
- Increased swelling, warmth, redness and foul smelling from the wound site.
- Increased amount of discharges or the presence of pus from the wound site.

Seek medical attention immediately if you experience the above symptoms.



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