

Wound Care Home Instructions

Tips for wound healing

- Don't take baths. Try taking sponge baths or showers instead, as directed by your provider. This will keep your dressings clean and dry.
- Don't go in lakes, rivers, pools, hot tubs, or Jacuzzis.
- Do not smoke cigarettes or cigars.
- Eat a well-balanced diet that is high in protein.
- Take pressure and weight off your wound by changing positions often and resting with your feet up. In therapy we call this "offloading."

When to call the clinic

Call the clinic at **505-272-9020** if you notice any signs of infection, including —

- more redness around wound, especially if you see red streaks going away from the wound
- the smell of the wound changes
- the wound feels warmer
- you feel more pain in the area
- you have a fever over 100F
- you notice thick yellow or green discharge coming from the wound

How to change your dressings at home

- Only change your dressings at home if your provider has told you to. Many dressings can stay in place for up to a week if kept clean and dry.
- Do not use hydrogen peroxide, alcohol, or iodine to clean your wounds. These can damage tissue instead of helping it heal.
- If you were told to change dressings at home, follow these steps:
 1. Wash your hands and put on gloves
 2. Take off the old dressings.
 3. Wash wound with mild soap and water, saline solution (saltwater), or wound cleanser as directed by your provider.
 4. Put on new dressings as directed by your provider.



If you are bleeding, and putting direct pressure on the wound for 5 minutes doesn't stop the bleeding, **call 911.**