

Caring for Wounds

A Step-by-Step Guide for Caregivers

Effective wound care is key to supporting recovery and preventing complications. This guide provides clear steps to help you clean, dress, and monitor wounds at home. By following these instructions, you can promote healing and recognize when it is time to seek medical help.

Daily Wound Care Steps



Wash Your Hands

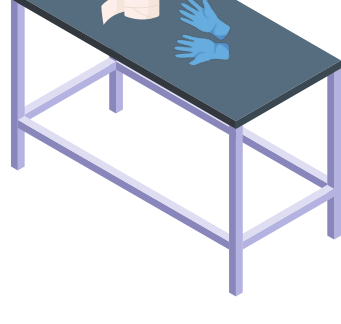
- ☐ Use soap and warm water for at least 20 seconds
- ☐ Dry with a clean towel

Gather Supplies



- ☐ Clean dressing or bandages
- ☐ Non-stick wound pads
- ☐ Saline solution or prescribed wound cleaner
- ☐ Disposable gloves
- ☐ Plastic bag for used dressings

Prepare the Area



- ☐ Ensure the room is clean and well-lit
- ☐ Set up a clean surface for your supplies

Remove Old Dressing



- ☐ Wear disposable gloves
- ☐ Gently remove the dressing, pulling it away from the skin
- ☐ If it sticks, moisten with saline to loosen it
- ☐ Dispose of the old dressing in the plastic bag



Clean the Wound

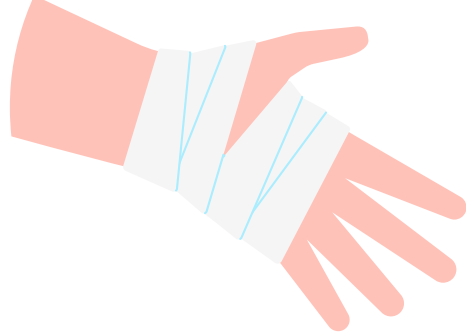
- ☐ Rinse with saline solution or use the cleaner provided by the doctor
- ☐ Gently pat around the wound with a clean gauze pad

Check for Changes



- ☐ Redness, swelling, or warmth around the wound
 - ☐ Increased pain
 - ☐ Unusual odors or discharge
- If you notice any of these, call your doctor

Apply New Dressing



- ☐ Open the new dressing carefully, keeping it clean
- ☐ Place it over the wound without touching the inside surface
- ☐ Secure it with tape or a bandage, ensuring it is snug but not tight

Dispose of Used Items



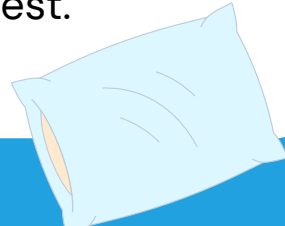
- ☐ Place gloves, old dressings, and waste in a sealed plastic bag
- ☐ Wash your hands again

Tips for Better Healing

Keep the Wound Dry: Avoid soaking in baths or swimming.



Encourage Rest: Healing requires energy, so ensure your loved one gets enough rest.



Stay Active: Help with light movement, like short walks, to improve blood flow (if the doctor allows).



Eat Healthy: Encourage meals rich in protein, vitamins, and minerals.



When to Call the Doctor

- ! Fever over 100.4°F (38°C).
- ! Bleeding that does not stop after applying gentle pressure.
- ! Signs of infection (redness, swelling, heat, or discharge).
- ! Pain that worsens or does not improve.



Freedom
HEALTH & WELLNESS

Caring for a wound is an important part of recovery. If you are unsure about anything, contact a healthcare provider for guidance.