

Helping your wound to heal

1. Keep the outside of your dressing clean and dry. If it becomes soiled or wet change it as soon as possible.
2. Keep your body clean. Bathe daily with soap and water. Do dressing changes after your bath or shower.
3. Eat a well balanced diet to help your body heal. Follow special dietary or fluid restrictions that your doctor has ordered.
4. Carefully examine your wound every time you remove your dressing. Immediately report any changes to the wound center staff and your physician.



You should call the wound center staff immediately if you experience:



- Increased pain at the wound site
- Redness or swelling around the wound or spreading away from the wound
- Foul odor coming from the wound
- Change in color or amount of drainage from the wound
- Fever and chills
- Nausea or vomiting

This booklet is not intended as a substitute for professional medical care.

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Dressing Your Wound



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Dressing your wound

Healthy skin is a natural barrier to prevent infection. A break in your skin makes it possible for germs to enter your body and cause an infection. Covering your wound will help to keep it clean and prevent infection.

The Nurse will show you:

- How to take care of your dressing
- When and how to change your dressing



Changing your dressing

1. Gather the supplies you will need for your dressing change

Supplies You Will Need:

- *Wound Cleanser*
 - *Trash Bag*
 - *Hand Washing Supplies*
 - *Dressing*
 - *Tape*
2. Wash your hands with soap and water.
 3. Carefully remove your dressing. Throw away the old dressing. Try to keep the wound clean.
 4. Look at your wound carefully. Look for any foul odors, change in color or amount of drainage, redness or swelling around the wound or spreading away from the wound.
 5. Wash your hands with soap and water (*again!*) after looking at the wound.
 6. Clean your wound.
 7. Put on a new dressing.
 8. Wash hands again with soap and water.

When to change your dressing

- When the dressing gets dirty or wet
- As directed by the wound center staff

General Information

Do not put anything into an open wound that is not prescribed by your physician:

