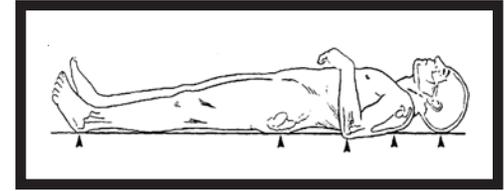




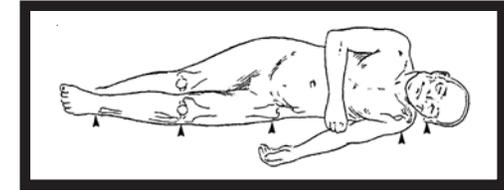
When should you call the Wound Center?

- ◆ Increased pain at the wound site
- ◆ Redness or swelling around the wound or spreading away from the wound
- ◆ Foul odor from the wound
- ◆ Change in color or amount of drainage from the wound
- ◆ Fever and chills
- ◆ Nausea or vomiting
- ◆ Use prescribed pressure reducing surfaces in your wheelchair and on your bed
- ◆ Place a pillow under your calves to prevent your heels from touching your bed
- ◆ Keep your genital area clean and dry
- ◆ Use an overhead trapeze to move in bed

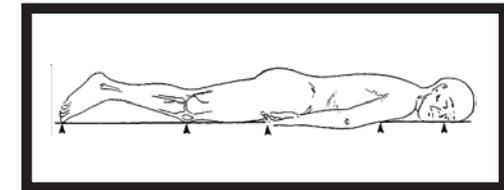
Remember!



Pressure



Ulcers



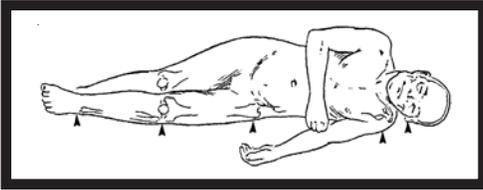
Center for Wound Healing and Hyperbaric Medicine

240 Williamson Street, Suite 104
Elizabeth, NJ 07207

(908) 994-5480

Fax: (908) 994-5495

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



Prolonged pressure may lead to:

- ◆ Redness that does not fade
- ◆ Formation of blisters
- ◆ Formation of wounds
- ◆ Yellow to black hardened areas

Causes of pressure ulcers:

- ◆ Lack of mobility
- ◆ Lack of bowel or bladder control
- ◆ Poor nutrition
- ◆ Loss of sensation
- ◆ Moving improperly

The Wound Center provides help through:

- ◆ Trained healthcare professionals to care for your wound
- ◆ Complete wound evaluation
- ◆ Diagnostic testing
- ◆ A treatment plan made for you
- ◆ Education on wound treatment and prevention of new wounds

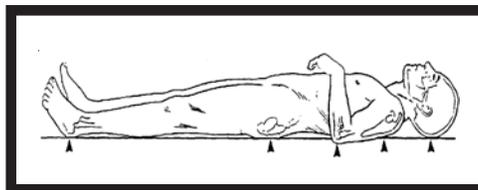
Ischemic Ulcer: A wound that develops when there is prolonged pressure between the skin and a bone

During your first visit to the Wound Center you can expect:

- ◆ History and physical
- ◆ Examination of the wound
- ◆ Possible removal of dead tissue
- ◆ Education on how to care for your wound at home
- ◆ Further testing if needed

Follow up visits:

- ◆ Reexamination of your wound
- ◆ Review of test results
- ◆ Removal of dead tissue
- ◆ Continuing education



How can you help?

- ◆ Change positions frequently
 - * Every 2 hours when in bed
 - * Every 30 minutes when sitting
- ◆ Do not raise the head of your bed higher than 30 degrees

- ◆ Follow the diet/nutritional plan that your doctor has prescribed for you
- ◆ Keep your skin dry; avoid excessive moisture
- ◆ Avoid using plastic-backed linen

How should you care for your skin?

- ◆ Wash with mild soap and water
- ◆ Apply moisturizers to prevent dryness
- ◆ Keep genital area clean and dry
 - * Clean immediately after an incontinent episode
 - * Apply barrier cream/ointment to prevent skin breakdown
- ◆ Do not put anything into an open wound that is not prescribed by your physician

