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Wound Care

Resident & Caregiver Education Sheet

Why Is Wound Care Important?

Proper wound care helps prevent infection, supports healing, and protects your skin.



Caring for Your Wound

- Wash your hands before and after wound care.
- Wear disposable gloves when caring for your wound or changing dressings.
- Keep your wound clean and protected.
- Keep dressings clean, dry, and secure.
- Change dressings as instructed by your healthcare provider.
- Use only recommended wound care products and never reuse dressings. Avoid touching, scratching, or picking at your wound.
- Avoid soaking your wound unless approved by your healthcare provider.
- Contact your healthcare provider if your dressing becomes wet, dirty, loose, or soaked with drainage.

Supporting Wound Healing

- Eat balanced meals with enough protein.
- Drink fluids as recommended.
- Avoid smoking or using tobacco.
- Manage blood sugar if you have diabetes.
- Reduce pressure on the wound and change positions as instructed.

Preventing Infection

- Keep wound care supplies clean and dry.
- Do not share wound care supplies. Avoid lotions, powders, or home remedies unless instructed.
- Follow instructions for medications and follow-up appointments.

When to Contact Your Healthcare Provider

Call your healthcare provider if you notice:

- Increased redness, warmth, or swelling
- Unusual or foul odor from the wound
- Increased drainage or changes in its color or thickness
- Fever (100.4°F or higher) or chills
- Wound getting larger, deeper, or reopening
- Dark or discolored skin around the wound
- Wound not healing as expected

Seek Immediate Medical Help If You Have:

- Bleeding that does not stop with firm pressure
- Severe or rapidly worsening pain
- Rapidly spreading redness with fever
- Confusion, fainting, or feeling seriously ill

Questions or Concerns?

This guide is for educational purposes only and does not replace medical advice. Contact your healthcare provider with questions or concerns about your wound or its care.