

HOW WE HELP YOUR WOUND HEAL

Following the instructions from your wound care team is the best way to help your wound heal.



HEALTH HISTORY

Your health history, such as diabetes, high blood pressure or smoking, can affect your healing. We will talk to you about how to manage conditions and make lifestyle changes to help your wound heal.



BLOOD FLOW

Blood brings oxygen and other important nutrients to a wound. We may do a simple test to make sure that your blood is flowing.



TREAT INFECTION

An infected wound can slow your healing and can cause serious problems. If your wound is infected, we will prescribe medicine to treat the infection.



DEBRIDEMENT

Debridement is how your wound is cleaned. We do this by removing dead tissue and bacteria using a tool, such as a scalpel. Doing this every week can help your wound heal faster.



NUTRITION AND BLOOD SUGAR CONTROL

To help your wound heal, you will need to eat more calories, protein and vitamins. If you have high blood sugar, it is important to take your medicines as directed to keep blood sugar levels steady.



OFFLOADING

Offloading means taking pressure off a wound. Pressure is a major reason wounds form and cannot heal. We will relieve any pressure on the wound with special dressings, equipment and footwear.



WOUND CARE DRESSINGS

Using the right type of dressing for a wound can help you heal faster. We will choose the right dressing for your specific type of wound.



ADVANCED TREATMENTS

Some wounds can be harder to heal and may need more advanced treatments, such as hyperbaric oxygen (HBO) therapy or skin substitutes to help your wound heal.

Depending on your type of wound, you may not need all these steps.