
HOME-BASED WOUND CARE

NUTRITIONAL CARE: WHAT YOU NEED TO KNOW



Nutritional care: What you need to know

- People with wounds often need **more calories, protein, and fluids** than usual.



- A **dietitian** should check your nutrition needs and make a meal plan just for you. Ask for written instructions if possible.

- Older adults have different needs – avoid food made for children unless a dietitian prescribes it.

- **Wounds that leak a lot (exudate)** cause loss of protein, vitamins, and minerals → these must be replaced with food and fluids.



- **Hydration is very important.** If you have swallowing difficulties, you should follow the instructions of your healthcare provider.

- If swallowing is difficult, food can be blended or ground **separately** so you can still enjoy different tastes.

- **Not eating enough (calorie deficit) increases the risk of pressure ulcers and skin tears.**



- **Supplements** (protein drinks, powders, vitamins) may be prescribed but should be taken **in addition to meals, not instead of them.**

- If taking antibiotics, ask your doctor if a probiotic is needed to prevent diarrhoea and protect the skin.

- Keep track of **bowel movements** (how often, what they look like).



Good nutrition is essential for wound healing.
Always follow the plan from your healthcare team.

