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# HOME-BASED WOUND CARE

## TAKING CARE OF A WOUND: A QUICK GUIDE FOR CAREGIVER AND PATIENTS

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### Taking Care of a Wound: A Quick Guide

Healing a wound takes time. Most small wounds can close in about 6 weeks, but the scar can take more than a year to fully strengthen. Many things can affect healing, so it's important to take care, prevent problems, and follow your healthcare provider's advice.

Always follow the instructions from your wound care team. If you are unsure about something, **contact them right away.**



### General Steps to Protect the Wound



**Avoid heavy activity.** Do not do heavy manual movements (for example lifting heavy boxes) that can reopen the wound.



**Protect the wound.** Try not to bump, scratch, or press on it.



**Dressings should be kept dry,** unless you have been told otherwise..



**If the dressing gets wet or soaked;** ask your health care provider what to do.



**Check the dressing daily.** A few small spots of wound fluid are normal.



**Call your health care provider if:**

- Pain increases
- There is a lot more fluid than usual
- There is a bad smell
- The skin around the wound becomes red (light skin) or darker/lighter than normal (dark skin)
- Another sign of wound development has appeared on a different location

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Figure 1: Dressing leakage



Figure 2: Redness



### Important rules for dressings

- **Do not remove the dressing** unless you have clear instructions.
- If the dressing comes off by accident:
  - Clean the wound gently with saline or clean drinking water.
  - Cover it with a soft dressing that does not stick.
  - Contact your health care provider.



### If You Care for Your Own Wound

- Follow the plan from your health care provider.
- Contact a specialist if new symptoms appear.
- To track changes, place a ruler beside the wound and take a photo (if advised).
- Report new wounds or worsening wounds right away.



### Remember: Healing Is More Than Just the Wound

- Take care of other health conditions (like diabetes, heart disease or others).
- Eat healthy, balanced meals (ask a dietitian for guidance).
- Avoid smoking and other harmful habits.