



Taking Care of Your Wound: We Are a Team!

Health professionals and families work together as a team. Practicing self-care will help your healing and your overall health.

<p>What kind of wound do I have?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pressure ulcer (or bedsore) <input type="checkbox"/> Venous leg ulcer <input type="checkbox"/> Diabetic foot ulcer <input type="checkbox"/> Arterial ulcer <input type="checkbox"/> Malignant wound <input type="checkbox"/> Pilonidal wound <input type="checkbox"/> Maintenance wound 	<p>How long should it take to close? _____</p> <p>What is my treatment plan? _____</p> <p>_____</p> <p>_____</p> <p>Nurse: _____</p> <p>Phone number: _____</p>
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Your Saint Elizabeth nurse:

- Is a trained and certified healthcare professional
- Has education and practical experience with wound care
- Uses **best practice** guidelines to make sure you have the best treatment and information

What will my nurse do to take care of my wound?

- Assess the wound bed, skin around the wound, general health
- Measure the wound (once/week)
- Choose the right dressing or treatment
- Talk with your doctor and other healthcare providers about the wound progress

What is “best practice”?

A lot of research has been done to identify how best to heal wounds using the best available treatments and products. Best treatment is based on the *Principles of Moist Wound Healing*. Think of ‘moist’ as the way your eyeball feels – neither dry nor wet.

How do wounds heal?

Usually, a wound heals best when it is:

- covered but moisture can evaporate off the wound; and
- allowed to ‘heal itself’ with a dressing that is chosen to stay on and support the healing being done by the body.



What You Can Do To Help Heal Your Wound

ACTIVITY	SPECIAL INSTRUCTIONS
<input type="checkbox"/> Wash your hands frequently	
<input type="checkbox"/> Nutrition: Eat a balanced diet	
<input type="checkbox"/> Drink plenty of water	
<input type="checkbox"/> Don't smoke	
<input type="checkbox"/> If you have diabetes, be sure your blood sugar is well-controlled (take your medication as prescribed)	
<input type="checkbox"/> Activity level: Get exercise (walking, for example) and limit or break up the time you spend sitting	
<input type="checkbox"/> Keep excess weight off	
<input type="checkbox"/> Learn how to change your own dressing, if you are able to	