

Wound Care

A guide for patients and carers

Tissue Viability Team



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This leaflet is for patients who have a wound. It will help you understand how you can help your wound to improve or heal faster.

What is a wound?

A wound is a break in the skin which can have many different causes, such as:

- Surgery
- Injury
- Pressure ulcer – also known as bed sore
- Leg ulcer due to problems with circulation

Wound Healing

The best ways of improving wound healing are as follows:

Healthy Diet

Eating well can make a huge difference to your wound and will encourage it to heal. Your health professional will give you more information about this and a leaflet about eating a nourishing diet to help your wound to heal.

Change Position

Change your position regularly either when in bed or when seated as the more you move around, the less likely you are to get problems such as blood clots, pressure ulcers or chest infections.

Pain Relief

Take regular pain relief if you need them. If you are in pain, you will not want to move around or eat and healing will be delayed. Some pain relief can lead to constipation so please speak to your GP or nurse if you have any concerns.

Infection

Try not to touch your wound as this can make a wound infection much more likely however; if you have to touch your wound to care for it, always wash your hands before and after touching the wound area and follow education for wound care, if in place from your health care professional. Let the nursing or medical staff know if you notice any of the following:

- Your wound is oozing fluid from around the dressing
- The dressing becomes wet at any time



- You experience an increased amount of pain from the wound
- Redness around the wound

Dressings

To aid with healing, it is likely that you will need planned dressing changes. If you have a dressing on your wound, it is important that you are fully aware of and follow the treatment plan you have agreed with the health professional caring for you.

Stopping Smoking - Stopping smoking will improve wound healing.

If you have any concerns about your wound or any other aspect of your care, do not hesitate to speak to the nursing or medical staff looking after you.

Contact us

Telephone:
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Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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