

Caring for your wound

The nursing team has been asked to attend to the care and management of your wound.

The nurse will do an initial assessment of your wound. They will then discuss with you the most appropriate 'plan of care' that will help your wound to heal. This will involve further nurse visits/clinic appointments and these will be planned with you.

Dressings and/or treatment

The dressings and/or treatments that are chosen by the nurses are based on the initial assessment of your wound. They are designed specifically to help your wound to heal.

Your nurse will discuss with you the type of dressing chosen for your wound.

The dressings and/or treatments may change during your 'plan of care' based on the nurse's on-going assessments of your wound.

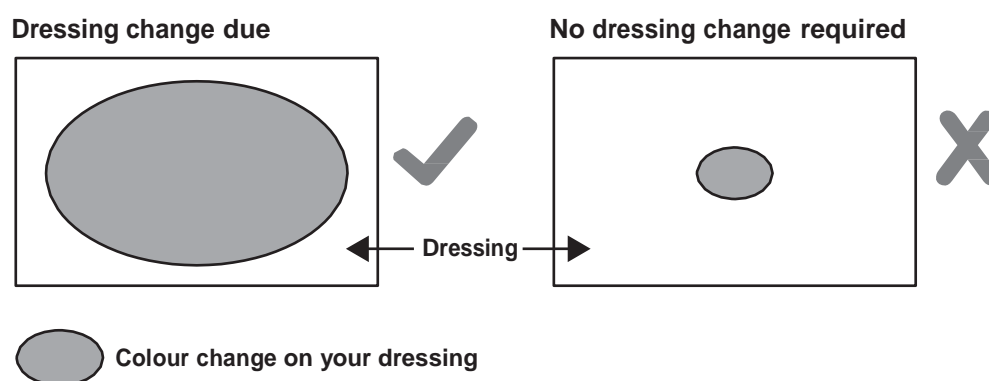
Frequency of dressings change

The number of times you will need your dressing changed is dependent on the type of dressing used and your wound. All our dressings have advanced wound care technology and many can remain in place for up to seven days.

The dressing may change in appearance while it is covering your wound. This is normal, and indicates the dressing is working correctly.

The dressings we use create a warm and moist healing environment which helps the wound to heal. Unless the dressing is leaking, the dressing should remain in place for as long as possible.

If dressings are changed unnecessarily, this interrupts the healing process as it changes the temperature of the wound and may delay healing.



Originator: Community Nursing

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Information about caring for your wound

The nurse will check your wound at each visit. They will decide if your 'plan of care' needs to change and they will discuss any proposed changes with you.

If you have any questions about the care of your wound, your nurse will be happy to discuss and answer your questions to support you.

Helpful advice

If you experience any of the following symptoms please contact your nurse:

- rise in body temperature
- increased redness, pain or swelling around the wound
- an offensive smell from the wound
- the wound feels hot
- thick yellowy discharge leaking from dressing
- the dressing becomes loose and uncomfortable

If you feel generally unwell this may indicate that the wound may be infected and needs further assessment. If this happens please contact your nurse.

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

For general enquiries please ring: 0151 514 2888