

How to Take Care of Your Wound

How to Care for Your Wound

- Take off the bandage and look at your wound with each dressing change. Call the Wound Clinic at 612-863-3110 if you see something that is not right.
- Clean your wound each day with mild soap and water or wound cleaner as directed.
- Do not let your wound soak in any water. Do not take a bath, use a pool or hot tub or go into any body of water (such as a lake, stream or river).
- Do not clean your wound with hydrogen peroxide or rubbing alcohol.
- Consider using a “cast cover” to cover your wound when you take a shower. Ask the wound clinic staff if this is right for you. If it is, you should be able to buy one at a drugstore.

Watch for Infection at the Wound

There is bacteria in every wound. They do not always cause problems, but sometimes the bacteria count gets high and need to be treated with medicine.

Watch for signs and symptoms of infection each day. They include:

- redness and warmth
- odor that does not go away after cleaning
- increase in drainage
- increase in pain
- fever
- chills.

Call the Wound Clinic at 612-863-3110 if you notice these symptoms.

What to Use Instead of Dressings

If you run out of your dressings before your next wound clinic appointment, you can use a maxi-pad or infant diaper to help absorb the drainage.

You can buy gauze dressings at a drugstore. Avoid the non-stick dressings such as Telfa®.

When to Call the Clinic

Call the Wound Clinic at 612-863-3110 if you have:

- signs of infection (increased pain, redness, swelling, foul odor, pus or drainage)
- concerns or questions.