

## WOUND HEALING

- You play an important role
- The healthcare provider will do their best to help your wound heal quickly and completely
- Much of the **SUCCESS** of wound healing depends on your level of commitment and involvement

## THE CARE PLAN

- A custom care plan will be created for your wound
- The nurse will teach you when and how to change the dressing on your wound
- Select someone to help if needed – a family member, caregiver or friend. We can teach them how to do it!

## WHAT ELSE CAN YOU DO?

- Reduce pressure against your wound -you may need a special pad or a different surface to sit or sleep on.
- Wear shoes or special boots to prevent pressure on your feet
- Avoid rubbing the wound across surfaces when you reposition yourself
- Practice good nutrition
- Elevate your legs
- Wear compression stockin

## MAKE THE MOST OF YOUR VISIT WITH YOUR HEALTHCARE PROFESSIONAL BY ASKING THESE 3 QUESTIONS:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

This brochure is a guide only and should not be used for any diagnostic or therapeutic decisions

Specific medical concerns should be directly handled by a qualified healthcare professional

**CONTACT THE FORT FRANCES FAMILY HEALTH TEAM FOR INFORMATION ON OUR WOUND CARE PROGRAM**

**807-274-3287 ext. 1**

**[www.ffht.ca](http://www.ffht.ca)**

**[visit www.woundscanada.ca](http://www.woundscanada.ca)**

*Fort Frances*  
**Family Health Team**  
of the Fort Frances Community Clinic



# WOUND CARE & YOU

## KNOW THE SIGNS OF INFECTION



DRAINAGE CHANGED COLOUR?



INCREASED WARMTH OR REDNESS AROUND WOUND?



INCREASED PAIN OR SWELLING AROUND WOUND?



FEVER OVER 38.05 C (100.5 F) OR CHILLS?

GENERAL WEAKNESS?

UNCONTROLLABLE PAIN?

## GOOD NUTRITION

Wounds need good nutrition to heal properly. Your body needs extra calories and the right kind of nutrients.

Eat 3-4 servings of protein per day to repair skin and muscle. Good sources include:

- Cheese, yogurt or eggs
- Lean animal meats, such as beef, pork, chicken, or fish
- Dried peas, beans, lentils or tofu
- Nuts, peanut butter or seeds

Carbohydrates supply energy for the body to heal. Good sources include:

- Whole-grain breads and cereals
- Potatoes, rice, or pasta
- A variety of fruits and vegetables
- Foods with Vitamin A, such as bright orange fruits and vegetables, and dark green leafy vegetables
- Foods with Vitamin C, such as citrus fruits, peppers, tomatoes, strawberries, cantaloupe and broccoli

Drink plenty of fluids:

- Aim for 6-8 cups of water each day, unless your doctor tells you otherwise.
- Other sources of fluid include: low-fat milk, 100% fruit juice, plain coffee or tea, and soups or broth.

**SPEAK TO A REGISTERED DIETITIAN FOR AN INDIVIDUALIZED EATING PLAN**

**ASK ABOUT OUR DIETITIAN SERVICES**

## SMOKING AND WOUND HEALING

- If you smoke it is important that you quit or at least cut back.
- Smoking causes blood vessels to instantly constrict, slowing blood flow down and reducing the oxygen and nutrients available for wound healing
- You want to increase blood flow, not decrease it

**ASK ABOUT OUR SMOKING CESSATION PROGRAM**

## DIABETES AND WOUND HEALING

- It is essential to control your blood sugar levels
- High blood sugar prevents nutrients and oxygen from energizing cells and prevents your immune system from functioning efficiently
- Inflammation also increases with high blood sugar
- To give your body the best chance of healing a wound, your blood sugar should be within target levels