

Caring for Your Wound at Home

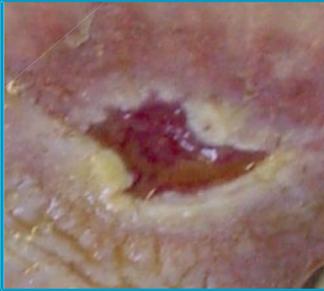
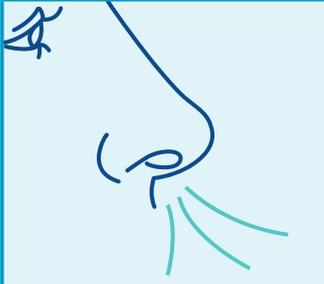
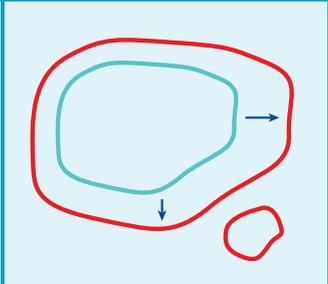


Healthcare Professional Contact Details	
Name	
Phone number:	Email:

Caring for your wound yourself can give you some independence and a better understanding of your condition, this could improve your quality of life and speed of healing.

When you first have an injury the wound edges will be red and it will be swollen and sore. As the wound heals this will reduce, the wound will fill with healthy red tissue (called granulation tissue) and new pink skin will appear at the edges.

When it is time to change the dressing look out for possible changes in the appearance of the wound that indicate it needs to be seen by your healthcare professional. These are described as **Red Flags**. 

Red Flags	The symptoms may look like this	Red Flags	The symptoms may look like this
New or spreading redness around the wound, swelling and pain. The skin around the wound will feel warm. You may also feel unwell with a fever and loss of appetite.		A change in the fluid coming out of the wound from a clear, thin, straw coloured fluid to a thick, yellow or green fluid.	
The amount of fluid coming from your wound increases, the dressing leaks or you have to change it more often. The wound edges may be white and soggy.		The granulation tissue begins to bleed or looks unhealthy – like red jelly	
The wound starts to have an unpleasant smell.		The wound doesn't heal as expected, is getting bigger, or a new wound appears.	



If you experience any of the Red Flags listed above you will need to contact your healthcare professional immediately.

Hand Washing Guide

HARTMANN



Based on World Health Organisation recommendations

When it is time to change the dressing please ensure you follow the guidance your healthcare professional has given you.

To minimise contamination, be sure to follow step-by-step hand-washing guide carefully before beginning any dressing change. By following the correct method of cleaning your hands, you ensure that bacteria are removed from the hands and will not get into the wound.



Rinse hands in water



Apply enough soap to cover both hands



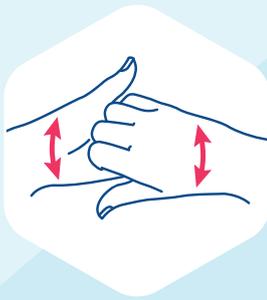
Rub hands palm to palm



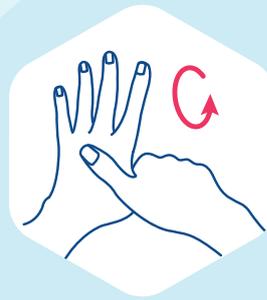
Hands over each other with interlaced fingers



Palm to palm with fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



Rotate thumbs clasped in opposite palm



Rotational rubbing of fingertips back and forwards



Rinse hands in water



Fully dry for safe hands

How can I help my wound to heal?

- **Wash your hands:** The most important thing you and your care givers can do to prevent infection is to follow the correct hand washing procedure.
- **Change your dressing in line with your healthcare professional recommendation:** Dressings help protect the wound while healing.
- **Healthy Eating:** Eating a well-balanced diet can make a difference to you and your wellbeing, it can also encourage your wound to heal.

HARTMANN are here to help
Contact our customer services team:

HARTMANN UK & Ireland
+44 (0) 1706 363200
Ireland: +353 (0) 1800 937766
Email: info@uk.hartmann.info
www.hartmann.co.uk