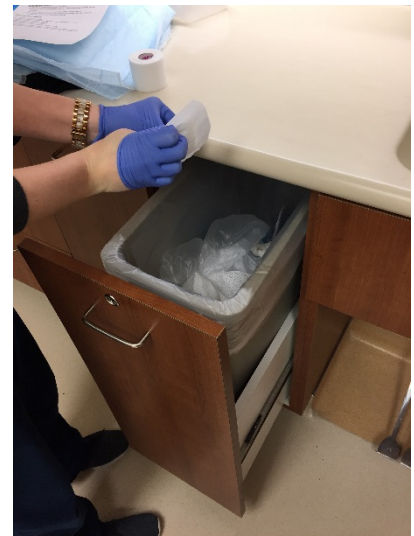
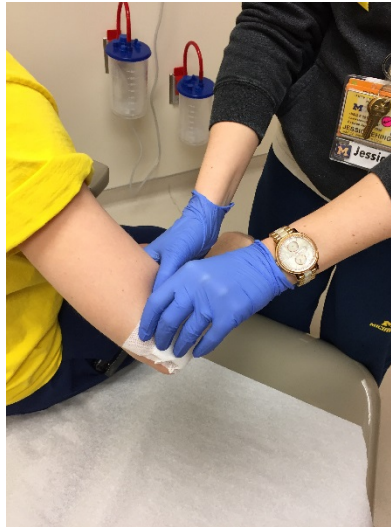




## How do I care for myself at home?

### Step 1: Remove old dressings:

1. Wash your hands and put on gloves.
2. Gently remove the old dressing from the wound site.
3. Immediately throw away the dressing and your gloves.
4. Wash your hands.



### Step 2: Clean your wound:

1. Wash your hands and put on gloves.
2. Wash with mild soap and water, sterile water or saline (as directed by your provider).
3. Dry by patting dry with a clean, soft absorbent cloth or gauze.
4. Reapply the dressing immediately after washing and drying. Do not leave your wound open to air for any period of time.

### Step 3: Dress your wound:

1. Lay out all of your supplies.
2. Wash your hands and put on gloves.
3. Clean all tools for cutting dressings with rubbing alcohol.
4. Apply wound care supplies as directed.
5. Remove gloves and wash your hands.
6. Clean all tools used for cutting with rubbing alcohol.



**Important:** Let your provider know when you are low and need additional supplies ordered. Please note, we follow your insurance guidelines for dispensing. These rules can vary, call your insurance provider for information on coverage.

### **When should I call my provider?**

Call your provider if you notice any signs of infection, including:

- Increased redness around the wound
- Change in odor from the wound
- Increased warmth around the wound
- Pus draining from the wound

Call 911 **immediately** if you develop any of the following:

- Fever
- Chills
- Lightheadedness or dizziness
- Numbness or tingling
- Purple or black discoloration in or around the wound
- Bleeding that will not stop with pressure

### **Tips and tricks for wound healing:**

- Keep debris out of your wound. Debris includes hair and lint.
- Do not expose your wound to any water other than clean faucet water, sterile water or saline.
- Avoid lakes, rivers, pools, spa water, hot tubs or Jacuzzis.
- Avoid baths. Take showers or sponge baths.
- Avoid getting pet hair in your wound. Do not allow your pet to lick your wound.
- Do not use a heating pad, hot water bottle or ice pack on your wound.
- Do not smoke cigarettes or cigars.

- Eat a well-balanced diet. If you are diabetic, monitor your blood sugar closely.
- Do not wait – if there is a change or new issue, seek medical attention.

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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