

What can I do to help my child's wound heal?

Follow any instructions that you have been given by the health care professional or GP that are specific to your child's wound.

Do not remove your child's dressing unless this has been discussed with the health care professional and is part of your child's wound care plan.

Give your child food to eat that contains vitamins A and C, carbohydrates, and protein, such as:

- Fruit and vegetables
- Chicken and red meat
- Fish
- Yoghurt, milk, and cheese

If your child is unable to eat these foods for any reason a multivitamin tablet containing vitamin A and C may be advised; a health care professional will discuss this with you.

What about physical activity?

It is important that your child does not bump or put pressure on their wound.

Your child should try to avoid active play or contact sport until the wound has healed.

Contact information

Children's Community Nursing Team

Telephone number: **0300 707 1285 or 0300 707 1286**

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. Corp 006 How we use your information, this can be found on the Patient Information Leaflets page on the Trust website:
<https://www.wwl.nhs.uk/patient-information-leaflets> type Corp 006 under the heading **Information Leaflets**.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Wound Care - Children

Children's Community Nursing Team

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



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Why does my child need a dressing?

Your child's wound has been dressed to encourage healing to take place.

It is important that you follow the health care professional's advice about wound care and dressing changes. This will help them to assess the healing process of your child's wound.

What if my child's wound is painful?

It is not unusual for your child's wound to be painful.

If your child is taking any medication or has a medical condition you must check with your pharmacist or general practitioner (GP) **before** you give your child any form of pain relief. This is to ensure that it is safe for your child to take the pain medication.

What pain relief can I give my child?

Your child may be given medicines such as paracetamol or ibuprofen to help with pain.

You **must** follow the dosage information on the medicine according to your child's age.

As with all medicines you should always:

- Follow the instructions printed on the label (if prescribed)
- Read the patient information instructions included with the medicine to ensure your child gets the full benefit of the medicine.

It may help to give your child pain relief 30 minutes before their dressing change.

If your child's wound is still painful after taking pain relief you should discuss this with the health care professional or GP, as alternatives may be available.

If your child experiences any side effects or you have any concerns you should contact your GP or pharmacist for further advice.

Why is the wound not being cleaned?

Cleaning wounds can remove the good healing cells on the wound bed and delay healing.

The edges of your child's wound may be cleaned with warm tap water to remove any wound debris or adhesive from their skin.

What should I do if the dressing falls off?

If the dressing falls off before your child's next appointment you should contact a health care professional to arrange an appointment as soon as possible.

What are the signs of infection?

Please contact a health care professional immediately if your child has any of the following:

- Raised temperature or fever
- Increased pain
- Redness, swelling or discharge
- Offensive smell from the wound.

Do not touch the wound if there is no dressing in place.

How can I reduce the risk of infection?

Try to keep your child's dressing clean and dry; ask the health care professional about waterproof dressings for use in the bath or shower.

If blood or discharge soaks through your child's dressing it may need to be changed sooner.

The health care professional will discuss with you the signs of when your child's dressings need changing.

How long will the wound take to heal?

Some wounds take longer to heal than others depending on the severity and location of the injury.

Please contact a health care professional if you feel your child's wound does not appear to be healing or have any concerns.

Will my child need more dressings?

The health care professional will discuss with you any dressings or equipment your child may need to continue their treatment.

Will my child need a prescription?

Your child may need a prescription. Your child's GP or health care professional will arrange this for you.