

# Supporting a patient to re-dress wounds

## Patient / Carer Information

Tissue Viability Service

Patient Name: .....

Date of birth										
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NHS No.												
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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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## Wound Care

### Why do I need a dressing?

Your wound has been dressed in order to encourage healing to take place. It is important that you follow your Health Care Professional's advice regarding wound care and dressing changes. This will help them to assess the healing process.

### 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. If you feel that your wound does not appear to be healing or you have any concerns, please contact your Health Care Professional, or seek alternative medical advice.

### What can I do to help my wound heal?

Avoid alcohol as much as possible and stop smoking.

To encourage wound healing try to eat foods which contain vitamin C and protein, these can be found in fruit, vegetables, chicken, red meat, fish. If you are unable to eat these foods for any reason a multivitamin tablet may be advised; this will be discussed with your Health Care Professional.

### Can I have a shower?

Yes, you can have a shower, but you need to discuss this further with your Health Care Professional.

## Pain Management

### What if my wound is painful?

It can be usual for the wound to be painful. If your wound is painful it may help to take pain relief 30 minutes before your dressing change.

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

You may take medicines such as paracetamol or ibuprofen for pain.

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.

If you experience any side effects, you should ask your pharmacist or GP for further advice.

If your wound is still painful then discuss this with your health care professional or GP, as alternatives may be available for you.

## Infection

### Why is my wound not being cleaned?

Research shows that cleaning wounds removes the good healing cells on the wound bed; this can delay healing.

Wounds are only cleansed with warm tap water if there is any dressing or wound debris that needs removing. The edges of your wound may be cleaned with warm tap water to remove any wound debris or adhesive from your skin.

### How do I reduce the risk of infection?

It is important to reduce the risk of infection:

- Try to keep the dressing clean and dry - you can ask your nurse about waterproof dressings for use in the bath or shower.
- If blood or discharge soaks through the dressing it may need to be changed sooner.
- Do not touch the wound if there is no dressing in place.
- Dressings may not be required for some types of wounds, for example on the scalp and face, but it is still important to keep the wound clean.
- If the wound becomes dirty, please clean with cooled boiled water, and ensure the area is dry after cleaning.

## Signs of Infection

### What are the signs of infection?

If you have any of the following, please contact your health care professional immediately:  
This may include:

- Increased pain to the wound area
- Redness
- Swelling
- Increased discharge from the wound
- Fever or raised temperature
- Offensive smell from the wound.

## Prescriptions

### How do I get my dressings?

Your health care professional will discuss any dressings or equipment you may need to continue your treatment.

Your GP or health care professional will arrange a prescription for you.

If you pay for prescriptions, then a pre-payment certificate for either three or twelve months may be best. You can discuss this with your pharmacist.

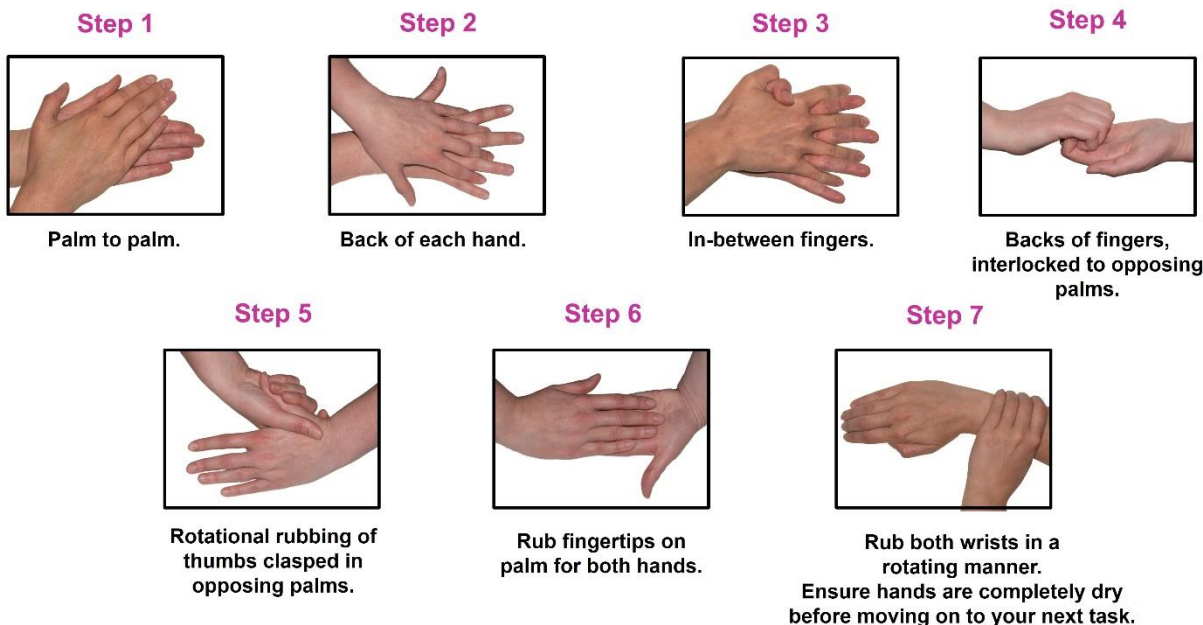
## Aseptic hand wash technique

### Why do I need to wash my hands this way?

The information detailed below shows you how to wash your hands in the most thorough way.

This step by step guide is to ensure you have the least chance of infection getting into your wounds from bacteria or dirt on your hands.

## 7 Stage Hand Hygiene Technique - Repeat each step 5 times



Developed by WWL Medical Illustrations Department.

If you have any problems or questions regarding this technique, please contact your Health Care Professional.

## Contact Information

Your Health Care Professional can be contacted as follows:

Your point of contact is: .....

Telephone: .....

Contact times: .....

## **What to do if you are concerned**

Do not wait for a Health Care Professional to contact you if your condition gets worse or you have any concerns. Seek help / advice from the contact number above or from your General Practitioner (GP). If you feel urgent advice is required, you should go to your local Accident and Emergency Department.

### **In the event of a medical emergency ring 999**

**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

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## 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 until 4pm)

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

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## 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 positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## 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, see details on the front cover.

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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