

Wound clinic service

Self caring for your wounds

Welcome to Leicestershire Partnership NHS Trust Wound Clinics. These clinics are for non-housebound adults needing support with wound care from a Registered Nurse or healthcare professional.



What can I expect?

On your initial wound assessment, a Registered Nurse will assess your wound's suitability for self-care or shared care. You can bring a relative, friend or carer along to support with managing your wound.

Your next appointment will depend on your wound, your symptoms and the clinical judgement of the healthcare professional at your initial appointment. **You will be provided with enough dressings to last until your follow-up appointment.**

Appointment length and frequency will vary according to the type of wound you have; this will be determined by the healthcare professional.

Should you be unable to attend your appointment please contact SPA **0300 300 7777** giving at least 24 hours notice of cancellation. This is to enable the appointment to be offered to someone else. Any patient who does not attend their appointment and has not cancelled it will be classed as 'Did Not Attend' (DNA) and be discharged from clinic.

How to change your dressing

The main principles of wound care are to prevent infection and promote healing. The following is a basic guide to looking after your wound:

- wash and dry hands thoroughly prior to dressing change
- carefully remove the 'old' dressing and discard
- cleanse the wound using tap water/sterile water from the centre of wound outwards using sterile gauze provided in dressing packs
- carefully dry around the wound – **do not touch the wound when drying, as fibres may get in and they will act as a focus for infection**
- inspect the wound for any signs of infection
- redress with a sterile dressing, sealing all edges
- wash and dry hands thoroughly

You may find this video helpful:

[youtube.com/watch?v=sNS67ZJQVDA](https://www.youtube.com/watch?v=sNS67ZJQVDA)

Effective handwashing - use liquid soap



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Rinse and dry thoroughly

When to contact a healthcare professional

Please don't hesitate to contact your healthcare professional if you have any concerns relating to your wound, this may include a reaction from the dressing choice (which can cause redness and irritation to the surrounding skin), new skin damage to the skin surrounding the wound caused by wound fluid or trauma from dressing removal and/or if you notice any signs of infection.

Signs of infection

A wound can easily become infected through many factors i.e not washing hands, touching the wound bed or leaving dressings off. The wound care principles described earlier will help prevent infection.

When dressing the wound, look for the following signs of clinical infection:

- redness spreading from the wound
- thick discharge/pus
- increased smell/offensive odour
- more wound fluid leaking than there had been previously
- increased pain and tenderness in the area
- fever
- no healing taking place (a cut should heal and scar within four weeks)
- bleeds easily when exposed (not caused by the dressing being stuck)
- increased heat/swelling in the area
*typically wounds swell or redden slightly at the start of healing, but should improve after several days.

If three or more of the above signs are present, the wound needs assessing by a healthcare professional (contact SPA). SPA will ask you to send a photo of your wound in order for the healthcare professional to virtually review it. You should also contact your GP to be reviewed for antibiotic treatment.

Dressing advice

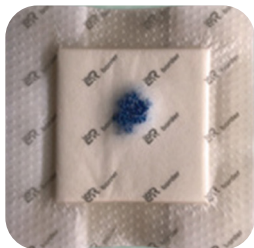
You will be advised at your initial appointment how often you should change your dressing and any follow appointments will be discussed.

Evidence shows that changing the dressing too frequently can increase the risk of infection and disturb the new tissue growth. It is therefore important to protect your dressing by keeping it dry, clean and only changing in line with the advice from your healthcare professional.

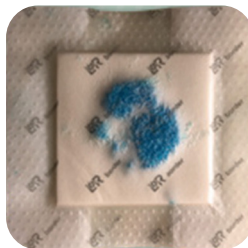
As the dressing insitu absorbs, exudate (fluid) will wick to the top of the dressing and discoloration will be noticeable.

Below is a table indicating when common dressings require changing.

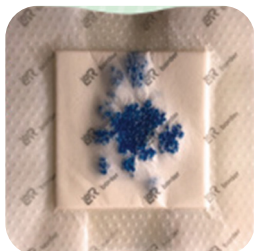
SupraSorb P Sensitive



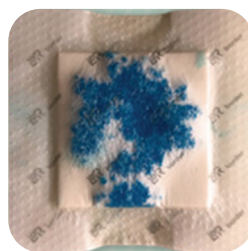
OK - no change needed



No change needed - monitor



Consider change



Change

Signs of wound healing

When you experience a wound on part of your body, it goes through specific wound healing stages. In general, smaller wounds heal more quickly, while large, deep wounds tend to take longer.

Initial swelling – Should last no longer than one week

You may notice a clear fluid coming from the wound, which helps to clean and disinfect the damaged skin. Redness, swelling, and tenderness may occur.

New tissue growth – Process normally lasts two -three weeks

After the swelling subsides, new tissue should begin to form. You should see new skin forming over the wound and the exposed wound should shrink.

Scar formation

Deeper cuts, scrapes, and burns often result in scarring, which can last for several years. The initial wound is replaced by a scar, and you may notice that the new skin feels tougher and less elastic. Depending on the severity of the wound, the scar may gradually fade.

Dressing regime

Assessment date:

Dressings advised:

Dressing application advice:

Frequency of dressing change:

Number of dressings supplied:

Dressing regime

Assessment date:

Dressings advised:

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If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

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