

# Self caring for your wounds

## Information for children, young people and their families

Welcome to Leicestershire Partnership NHS Trust  
Diana Children's Community Health Service.



## What can I expect?

Your wound will be assessed by a Registered Children's Nurse to identify the best treatment plan, this may include self-care, with or without the support of a relative, or shared care with the Diana Children's Community Nursing Team.

You will be educated on how to care for your wound and given advice on how to change the dressing safely to minimise the risk of infection, how to monitor for signs of infection and who to contact if you have any concerns.

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

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

Should you be unable to receive your visit please contact the Diana Children's Community Service **0116295 5080** giving at least 24 hours notice of cancellation. This is to enable the visit to be offered to someone else. Any child or young person who is not present to receive their visit and has not cancelled it will be classed as a 'no access visit' which may lead to your care being delayed.

## How to change your dressing

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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 middle of the 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 into the wound 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

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Please don't hesitate to contact the Diana Children's Community Service 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

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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 Diana Children's Community Service 0116295 5080). You should also contact your GP to be reviewed for antibiotic treatment.

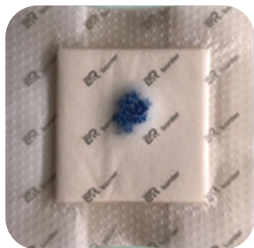
## Dressing advice

You will be advised at your initial visit how often you should change your dressing and any follow up visits will be discussed.

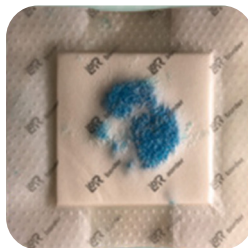
Evidence shows that changing the dressing too frequently can increase the risk of infection and disturb the new tissue growth. It is therefore important to protect your dressing by keeping it dry, clean and only changing in line with the advice from the Diana Children's Community Service. As the applied dressing absorbs exudate (fluid) this will wick to the top of the dressing and discoloration will be noticeable.

Below is a table indicating when common dressings require changing.

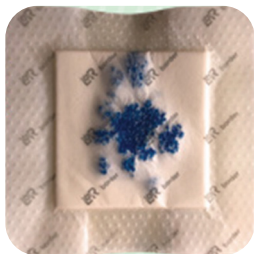
### SupraSorb P Sensitive



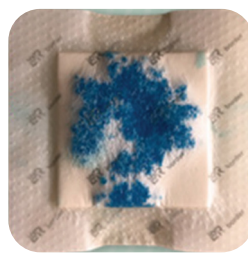
OK - no change needed



No change needed - monitor



Consider change



Change

## Signs of wound healing

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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:

Dressing application advice:

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