

## What is a Wound?

A wound is any break in the skin or deep tissue. Normally the skin heals quickly on its own. Wounds that do not heal in the normal phases of wound healing are called chronic wounds. They require extra special care to heal. This may include special wound care dressings, protein-enriched foods added to your diet, multivitamin, and even a visit to a wound care clinic. Chronic wounds can result from health factors including surgical wounds that reopen, pressure injuries otherwise known as “bedsores” to some from prolonged pressure in bed or wheelchair, diabetes, poor circulation or loss of circulation, autoimmune disease and more.

### Factors that slow down healing:

- Poor nutrition
- Smoking
- Obesity
- Chronic health problems like diabetes, heart disease, and vascular conditions.
- Certain medications



Keep your wound clean and covered with a dressing to avoid contamination. Keeping your wound warm by keeping it covered with a clean bandage that will help make it easier for new tissue growth. Balancing the moisture will also help your wound move towards healing. You want your wound to be not too moist, but not too dry.



## What can you do?

- Wash your hands or use an alcohol-based hand sanitizer
- Keep your wound covered with a clean dressing.
- Eat a well-balanced diet and keep hydrated.

Early detection of wounds is key in faster healing. If you have a wound that is not healing, call your doctor. Your doctor will help you with the most appropriate treatment in healing your wound.

## **When should I call my doctor about my wound?**

- Increased pain
- Increased swelling
- Red and warmth surrounding wound and or skin
- Increased drainage
- Smelly drainage after cleansing your wound during dressing changes.

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