

Wound care information

for clients, family and carers



Your next appointment



Contact BNE...

- ✓ If you have unrelieved pain with simple analgesia.
- ✓ If the area around the wound is red, hot to touch or swollen.
- ✓ If there is an offensive odour coming from the wound.
- ✓ If more than 70% of the dressing is covered in wound discharge, fluid or blood.
- ✓ If you get your dressing wet.

Contact us

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Wounds and wound healing

- A wound is an injury to the skin or underlying tissue. The normal function of the tissue is damaged.
- Wounds can be accidental, surgical, or occur because of underlying diseases (e.g. diabetes).
- Wound healing is delayed in older adults, especially those with other health conditions.
- Research has found that keeping a wound covered with a dressing can reduce pain and lower the risk of infection.
- Research has shown optimal moisture balance in a wound promotes wound healing.



How is your wound treated?

1

Cleanse

The wound bed is cleaned to remove devitalised tissue, debris and biofilm, and to decontaminate it.

2

Debride

Dead, damaged, or infected tissue is removed to improve the healing potential of the remaining healthy tissue.

3

Refashion

The wound edges are refashioned to align with the healthy skin surrounding the wound.

4

Dress

Dressings containing antibiofilm and/or antimicrobial agents are applied to the wound.

How will we care for your wound at BNE

- At each visit, your wound will be reviewed by our dedicated and award-winning team of doctors and nurses.
- We will continue to photo map the progress of your wound.
- We will provide you with pain relief prior to debridement.
- To help prevent bacterial growth and to remove biofilm, a comprehensive process of wound cleaning and debridement will be performed.
- We will document your progress.
- Advanced wound dressings will be applied.

What can you do to help heal your wound

- Eat a nutritious diet and increase protein-rich foods.
- Keep your dressing dry (do not wet in shower unless instructed).
- Prevent limb swelling by elevating the affected limb when sleeping or resting.
- Only remove compression stocking to clean and moisturise healthy skin.
- When showering, use soap-free aqueous cream which helps keep skin moisturised. Do not use soap.
- Take pain relief as suggested.

Wounds which are covered and kept moist heal more rapidly than those exposed to air.

What will delay wound healing

- Abnormal bacteria/infection (biofilm)
- Drying out of the wound
- Maceration around the wound (excessive wetness/moisture)
- Excessive touching of the wound
- Smoking, poor nutrition and lifestyle.

