

HEALERS' NOTES

What are pressure ulcers?

These are wounds that develop when there is prolonged pressure between the skin and a bone.

Ulcer causes:

- Lack of mobility
- Lack of bowel or bladder control
- Poor nutrition
- Loss of sensation
- Moving improperly

Prolonged pressure may lead to:

- Redness that doesn't fade
- Formation of blisters
- Formation of wounds
- Yellow to black hardened areas.

Your Wound Healing Center is a resource for the care and maintenance of your wounds.

You'll see trained healthcare professionals who will care for your wound. Your wound will be evaluated completely, including all diagnostic testing. Your treatment plan will be developed. You'll be given information about the treatment of your wound and how you can prevent new wounds.

What will happen during my first visit?

- We'll examine you physically and ask about your personal and family medical history so that we can develop a plan of care just for you.
- We'll check your feet by testing for feeling, blood flow, and oxygen supply to them.
- We'll examine your wound.
- We might remove any dead tissue in and around the wound and apply a compressions wrap, if needed.
- We'll teach you how to care for your wound at home.
- We'll schedule further testing, if it's needed.



Wooster Community Hospital Hyperbaric Medicine
and Wound Healing Center

1761 Beall Avenue Annex • Wooster, OH

Phone: 330-263-8750 • Fax: 330-263-8752

www.woosterhospital.org

HEALERS' NOTES

Remember:

- Use prescribed pressure-reducing surfaces in your wheelchair and on your bed.
- Place a pillow under your calves to prevent your heels from touching your bed.
- Keep your genital area dry and clean.
- Use an overhead trapeze to move in bed.

Caring for your skin:

- Wash with mild soap and water.
- Apply moisturizers to prevent dryness.
- Keep genital area clean and dry:
 - Clean immediately after losing control of bowel or bladder.
 - Use barrier cream/ointment to prevent skin breakdown.
- Do not put anything into an open wound that is not prescribed by your physician.

What about follow up visits?

Each time you come to the Wound Healing Center, we'll re-examine your wound to see what progress has been made. We'll review your test results and remove any dead tissue. We'll also answer any questions you have about how to care for your wound or what's going to happen next.

How can you help?

- Change positions frequently:
 - Every two hours when in bed
 - Every 30 minutes when sitting
- Do not raise the head of your bed higher than 30 degrees.
- Follow the diet prescribed by your doctor.
- Keep your skin dry; avoid excessive moisture.
- Avoid using plastic-backed linen-saving devices or diapers.

Call the Wound Healing Center if you notice:

- Increased pain at the wound site.
- Redness or swelling around or spreading away from the wound.
- Foul odor coming from the wound.
- Any change in color or amount of drainage from the wound.
- Fever or chills; nausea or vomiting.