

Discharge Instructions for Wound Care

Patient Name: _____

Date of Discharge: _____

Wound Location: _____

Wound Care Instructions

1. Clean the Wound:
 - Clean the wound gently with mild soap and water once or twice daily, unless otherwise instructed.
 - Use a clean gauze or sterile dressing to wipe around the wound; avoid rubbing the wound directly.
2. Apply Dressing:
 - Change the dressing as directed (typically daily or when wet/soiled). Make sure it is secure and fully covers the wound.
 - Always use clean hands or sterile gloves when changing the dressing.
3. Monitor for Infection:
 - Watch for signs of infection, such as increased redness, swelling, pain, warmth, pus, or fever. If any occur, contact your healthcare provider immediately.
4. Keep the Wound Dry:
 - Avoid getting the wound wet when bathing. Use a waterproof covering if needed. If it gets wet, gently dry it and replace the dressing.
5. Pain Management:
 - Use pain medication as prescribed or over-the-counter options (e.g., ibuprofen or acetaminophen) as needed. Do not exceed the recommended dose.
6. Activity Restrictions:
 - Limit physical activity to avoid strain on the wound. Follow specific instructions on leg elevation or avoiding pressure on the wound site, if applicable.

Nutrition for Healing:

- Eat a balanced diet with plenty of protein, vitamins (especially vitamin C and zinc), and hydration to support wound healing.
- Include foods like lean meats, eggs, dairy, leafy greens, citrus fruits, and nuts.

- Good nutrition accelerates healing and strengthens your immune system.

Smoking Cessation:

- Quit smoking to promote better circulation and faster healing. Smoking reduces oxygen to the wound, delays tissue regeneration, and increases the risk of infection.
- If you need support to quit, talk to your healthcare provider about options like nicotine replacement therapy, counseling, or medications.

Infection Prevention:

- Wash your hands thoroughly before changing the dressing or touching the wound.
- Avoid touching the wound with dirty objects.
- Stay up to date with any vaccinations (e.g., tetanus) as recommended by your provider, especially if the wound was caused by a foreign object.

Follow-up Care:

- Schedule your follow-up appointment to assess healing and remove sutures (if needed).
- Attend all follow-up visits as recommended for further evaluation and care.

When to Contact a Healthcare Provider:

- Increased pain, redness, or swelling around the wound.
- Foul-smelling drainage or pus.
- Fever over 100.4°F (38°C).
- Wound appears to be opening or not healing.

Contact Information:

- Primary Care Provider: _____
- Phone Number: _____
- Emergency Contact: _____

By following these instructions and maintaining a healthy lifestyle, including proper nutrition and smoking cessation, you help ensure a smoother and faster recovery. Please don't hesitate to contact us if you have any questions or concerns.

Patient Acknowledgment:

I have received and understand the above wound care instructions.

Patient Signature: _____

Date: _____

Healthcare Provider Signature: _____

Date: _____