

Wound Care at Home

This handout provides general guidance for caring for a wound at home. Always follow the specific instructions given by your healthcare provider.

DO:

- Wash your hands with soap and water before and after touching the wound.
- Keep the wound clean and dry unless instructed otherwise.
- Change dressings as directed or if they become wet or dirty.
- Use only products recommended by your healthcare provider.
- Check the wound daily for redness, drainage, swelling, or increased pain.
- Eat well and stay hydrated to support healing.

DON'T:

- Do not use hydrogen peroxide, iodine, or alcohol unless directed.
- Do not touch the wound with unclean hands.
- Do not remove scabs unless advised.
- Do not ignore increasing pain, redness, or swelling.
- Do not apply creams or home remedies unless recommended.

WHEN TO SEEK MEDICAL HELP

Contact your healthcare provider if you notice:

- Increasing redness, warmth, swelling, or pain
- Pus, foul-smelling drainage, or bleeding that does not stop
- Fever or chills
- Red streaks spreading from the wound
- The wound opens or is not healing
- Changes in skin color or new numbness

Seek urgent medical care immediately if there is uncontrolled bleeding or signs of serious infection.

Prepared by Katie Cremasco, BScN, RN
Registered Nurse | Patient Education Resource