

Nutrition and Hydration

- High protein diet to help replace and repair damaged tissue (meats, nuts, dairy, soy, legumes and pulses)
- Moderate amounts of healthy carbohydrates (wholegrain breads, cereals)
- Consume diet rich in Vitamins A, Zinc, Iron, Vitamin C and Minerals to aid in recovery (fresh fruits, citrus, legumes, cashews green leafy vegetables, meats, fish, soy and dairy)
- Stay well hydrated by consuming approximately

Rest

> Rest is important in caring of the wound.

> Wound uses a lot of body's energy to heal.



Medications

Take antibiotic and complete the entire course as prescribed by doctors



Helping wound healing

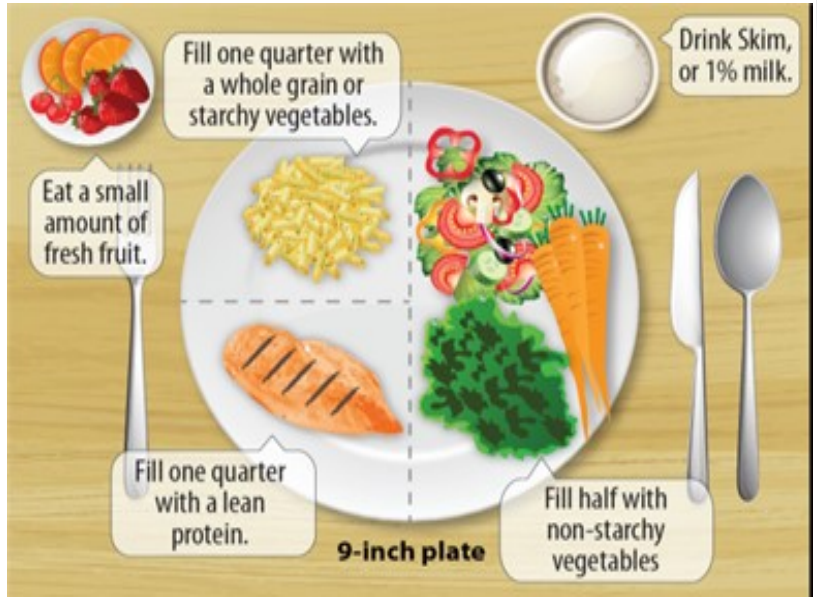
- > Reduce amount of pressure against wound.
- > Avoid scratching, itching or irritating the wound
- > Wash hands regularly before and after changing dressing or touching near the wound.
- > Avoid use of creams, lotions and powder unless prescribed by doctors.
- > Keep wound dry
 - * Swimming is not advisable until wound fully healed
- * Pat wound dry with freshly laundered, clean towel.
- * Keep the dressing intact
- > Be conscious of things near the wound such as pets, animals, babies, soiled linen, clothing and other medical devices
- > Observe wound and surrounding skin for sign of infection



WARNING



Change of drainage colour from wound
 Redness or warmth around wound
 Increase pain or swelling around wound
 Fever higher than 37.5C
 General weakness
 Confusion
 Delay wound healing
 Wound break open or starting to separate
 Increased heart rate



Blood sugar Level

× Important to quit or cut back the amount you smoke.

× Smoking cause blood vessel to constrict and slow down the blood flow.

× Blood that carries oxygen and nutrients decrease which affect wound healing



WHAT TO DO????

If you are concerned of wound infection.....

Contact your doctor
 Contact us at Assunta Hospital

Specialist Suite
 dressing room
(03-78723000 ext: 1158/1161)