

Wound Care



promoting
healthy skin

Champions for Skin Integrity



Clean wounds gently with clean tap water or saline – avoid strong chemicals

Keep wounds moist by covering them with a dressing

Reduce frequency of dressing changes to once per day or less often when possible

Avoid getting any non-waterproof wound dressings wet

Use a non-adherent wound dressing - if it sticks, soak off with tap water or saline

See your health professional if increased heat, redness, swelling or purulent discharge occurs



Do not leave a wound open to the air or sun – dry wounds heal more slowly

Do not use tape or adhesives on your skin





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