

Wound care at home



Main Line Health®
HomeCare & Hospice

Do I have signs of infection today?



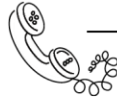
Green zone

No signs of infection.



Yellow zone

If you have 3 or more of these signs, take action today. Call:





Red zone

If you have any of these signs, take action now! Call:



Is there a change in the drainage (liquid) coming from my wound?	No change in the amount or color of drainage.	Change in drainage: <ul style="list-style-type: none"> • More drainage • Drainage color is different than before 	A lot of drainage. Drainage with blood clots. Drainage that looks: <ul style="list-style-type: none"> • Bright red • Bright yellow • Bright green
How does my wound look and feel?	No change in color or size of wound. Wound feels normal (not hot).	Some change in wound color. Now it looks: <ul style="list-style-type: none"> • Lighter than before • Darker than before Wound is larger: <ul style="list-style-type: none"> • Wider • Deeper Wound feels hot to the touch.	All-over change in wound color. Now it looks: <ul style="list-style-type: none"> • White or yellow • Black Wound is very swollen.
How does my wound smell?	No odor (not stinky).	Some odor (a little stinky).	Bad odor (very stinky).
Do I have a fever?	No fever.	Fever of 100 - 101.5	Fever of 101.5 or greater.
What is my pain level?	No change in pain.	Pain is worse.	Pain is very bad.

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My plan for wound care at home

Things I can do to prevent infection:

- ☐ Always wash my hands with soap and warm water before and after touching my wound
- ☐ Keep my wound care supplies in a clean, dry place
- ☐ Put dirty supplies inside two plastic bags (double bag) before putting them in an outdoor trash can

Things I can do to help my wound heal:

- ☐ Keep pain under control
- ☐ Eat foods that will give my body energy to heal:
 - Proteins
 - Carbohydrates
 - Milk and dairy
 - Citrus foods with Vitamin C
 - Zinc-as prescribed by my doctor
- ☐ Drink plenty of water each day
- ☐ See my doctor
- ☐ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.