



Advanced Wound Recovery

Essential steps for safe wound healing at home and during clinical treatment

1 Protect Keep the wound protected as directed.	2 Monitor Watch for changes in drainage, pain, odor, or skin.	3 Support Healing Nutrition, pressure relief, and follow-up matter.
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Why Wound Care Matters

Wounds can heal slowly when circulation, pressure, infection, diabetes, nutrition, swelling, or other medical conditions interfere with the normal healing process. A structured wound-care plan helps protect the wound, identify complications early, and address factors that may delay healing.

Follow Your Individual Wound-Care Plan

Your wound treatment should be based on the type, location, depth, drainage, surrounding skin, blood flow, medical conditions, and other clinical findings. Follow the dressing and treatment instructions provided by your clinician. Do not add antiseptics, creams, powders, antibiotics, or home remedies unless your healthcare professional has recommended them.

- Wash your hands before and after touching the wound or dressing.
- Keep dressings clean, dry, and in place for the recommended amount of time.
- Use only the wound cleanser, dressing, or topical treatment recommended for you.
- Do not reuse disposable wound-care supplies.
- Avoid picking, scratching, or repeatedly exposing the wound.

What to Watch for at Home

Check the wound and surrounding skin as instructed. If you or a caregiver changes the dressing, pay attention to changes and report concerns promptly.

- Increasing redness, warmth, or swelling around the wound
- New or worsening pain
- Increasing, thick, cloudy, or foul-smelling drainage
- A sudden increase in wound size or depth
- New discoloration, blistering, or breakdown of nearby skin
- Fever, chills, weakness, or feeling unusually ill
- Black tissue, rapidly changing tissue color, or other concerning changes

Contact your healthcare provider promptly if you notice signs of infection, worsening tissue damage, increased drainage, new pain, or another significant change. Early evaluation may help prevent complications.

Pressure Relief & Repositioning

Pressure injuries can worsen when the same area remains under pressure for too long. If you have limited mobility, your care plan may include repositioning, offloading, pressure-relieving surfaces, heel protection, wheelchair cushions, or other equipment. Follow the individualized schedule recommended by your healthcare team.

Nutrition Supports Healing

Healing requires adequate calories, protein, vitamins, minerals, and fluids. Poor appetite, unintended weight loss, dehydration, or difficulty obtaining food can slow recovery. If you have diabetes, kidney disease, heart failure, or another condition with dietary restrictions, follow the nutrition plan recommended for you rather than making major dietary changes on your own.

Diabetes & Blood Glucose

High blood glucose can interfere with wound healing and increase infection risk. If you have diabetes, take medications as directed, monitor glucose according to your treatment plan, and report persistent high or low readings to your healthcare professional.

Swelling & Circulation

Some wounds are affected by poor circulation or swelling. Compression therapy may be helpful for certain venous conditions, but it is not appropriate for every patient. Compression should be used only when clinically appropriate and recommended by your healthcare professional.

During Your Wound-Care Visit

Depending on your wound and treatment plan, your clinician may assess and document:

- Wound location and suspected cause
- Length, width, depth, tunneling, or undermining
- Wound-bed tissue and surrounding skin
- Drainage amount, type, and odor
- Pain and signs of infection
- Circulation, swelling, pressure, and mobility factors
- Need for debridement or other clinically appropriate treatment
- Dressing selection and frequency of changes
- Need for laboratory testing, imaging, cultures, vascular evaluation, or specialist referral
- Progress over time, including photographs when consented and clinically appropriate

WHEN TO CALL 911 OR SEEK EMERGENCY CARE

Seek immediate emergency care for severe uncontrolled bleeding, severe difficulty breathing, chest pain, loss of consciousness, rapidly spreading redness with severe illness, signs of shock, or another potentially life-threatening emergency. BRT Clinical is not a substitute for emergency medical services.

How BRT Clinical Can Help

BRT Clinical provides individualized wound assessment and management in coordination with the patient's overall medical care. Services may include wound evaluation and measurements, dressing selection and changes, clinically appropriate debridement, pressure-injury prevention, chronic-condition management, medication review, care coordination, and referrals when a higher level of wound or vascular care is needed.

Questions about your wound-care plan?

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This guide is for general patient education and does not replace individualized medical advice, diagnosis, treatment orders, or emergency care. Wound treatments vary according to wound type, circulation, infection risk, medical conditions, and clinical findings.