

Wound Care



promoting
healthy skin

Champions for Skin Integrity

TIP SHEET

- ✓ 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, pain, 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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