

Wound Care

If you have an acute wound such as

a cut, a graze or a skin tear

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Control Bleeding

Apply pressure with gauze + bandage, elevate area. Seek help if continues



Clean

With gauze + tap water, saline or a safe antiseptic



Dress

Cover with a dressing to keep it moist and protected (avoid leaving open to dry out)



Get Help

See a health professional with expertise in wound care for further help



Applying a pH-neutral, perfume-free **moisturiser** twice daily can reduce the risk of skin tears by 50%

Wound Care

What are the

Signs of Local Infection?

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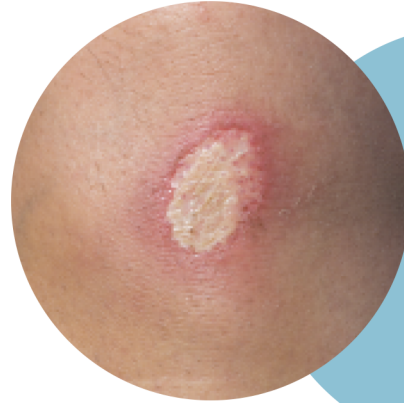
Increasing discharge

(creamy/white appearance)

Inflammation / Redness

(<2 cm of wound border)

Low Level Pain / Discomfort



Acute wounds can become infected and healing can become delayed due to many factors.

SEE A WOUND CARE CLINICIAN

for tailored wound care service and advice

Speak to your health professional about any

Factors that may affect wound healing (not limited to):



Alcohol



Smoking



**Medications
& Conditions**



Malnutrition



Immobility

SEEK MEDICAL ATTENTION IMMEDIATELY IF

(but not limited to) :

- Increasing **discharge, redness, swelling, heat, pain**
- **Feeling unwell**, fever or chills
- Wound **not improving** within 2-4 weeks
- Involves **underlying structures** e.g. bones, tendons, nerves
- At **high risk of infection** e.g. cellulitis, lower leg oedema, diabetes foot, immunocompromised, and/or other underlying medical conditions