

INFORMATION ABOUT WOUND SELF-CARE



EDUCATION SHEET FOR PATIENTS AND THEIR LOVES ONES

INFORMATION ABOUT YOUR WOUND SELF-CARE

Treatment was prescribed to you to promote the healing of your wound. This treatment includes the measures that promote for healing (e.g.: a healthy diet, smoking cessation, reducing swelling, removing pressure from the wound, controlling your blood sugar, physical activity) as well as cleaning and protecting the wound.

■ Prepare your material:

- A clear surface to work on
- Solution and material for cleaning the wound
- Dressings, products, ribbon gauze or packing
- Garbage bag
- Other material (e.g.: tweezers and scissors, cotton-tipped applicator)

NOTE: Some specialized products (e.g.: Mepilex[®], Aquacel[®] or Aquacel Ag[®] absorbent dressing, etc.) are considered medications. They are therefore covered by insurance (RAMQ¹ or private plan). Your health professional will give you a prescription and you will be responsible for obtaining the products prescribed from your local pharmacy.

The basic products not covered by insurance (RAMQ or private plan) are provided by the CISSS des Laurentides for the planned or expected duration of treatment.

■ How to change your dressing, step by step

1. Clean the surface you will be working on.
2. Wash your hands.
3. Gently remove the dressing and throw it away.
4. Wash your hands again.
5. Clean the wound:
 - Place a clean towel below the affected area to absorb the cleaning solution.
 - Pour the recommended cleaning solution on the wound, according to the technique demonstrated by your health professional. Based on the professional's indications, you may be able to clean the wound directly under a gentle water stream from a tap or shower.
 - Dry the skin around the wound by gently dabbing it with a compress.

TIP:

Avoid touching the wound with your fingers and avoid leaving it exposed to the air, unless otherwise indicated by your health professional.

¹ Régime de l'assurance maladie du Québec

6. Evaluate the wound and the surrounding skin.

Contact a health professional if you see:

- Signs of a localized infection of the wound:
 - Increased pain
 - Increased discharge or purulent discharge (thicker or greenish)
 - Increased swelling (edema) around the wound
 - Increased redness and/or heat around the wound
 - Increased size of the wound
 - Persistent odour after cleaning the wound

Go to Emergency if:

- Stool (brown) is leaking from the abdominal wound
- Fever (oral temperature above or at 38.5°C) that persists or starts 48 hours after surgery

ADVICE:

If you have a digital camera or a smart phone, take a photo of your wound at each dressing change. This can help you, as well as your health professional, to monitor the changes and/or progression of your wound.

7. Apply a new dressing:



- Apply a skin protector around the wound (if recommended by your health professional).
- If a gel (e.g.: Intrasit Gel[®]) or an antibacterial ointment (e.g.: IODOSORB[®]) is recommended, apply it using a tongue depressor or cotton-tipped applicator, without going beyond the edges of the wound.
- If you have to use ribbon gauze in the wound, use a sterile cotton-tipped applicator. Do not compact the ribbon gauze too much, never insert several ribbon gauze tips into the cavity and leave a length of about 2.5 cm outside the wound.
- Apply the cover dressing while making sure that it covers the entire wound (with an additional 2 cm). If the dressing is not self-adhesive, attach it with a strip of fixation tape (e.g.: Hypafix[®]) or with a gauze roll bandage to keep it in place (follow the recommendations of your health professional).

8. Wash your hands.

Monitor the progression of your wound.

- If you are feeling well and the wound is improving, continue changing your dressing as recommended by your health professional.
- If there is no change in your condition or the condition of your wound, according to the follow-up established by your health professional, contact them to see if a change in treatment is needed.
- If your condition or the condition of your wound deteriorates, contact your health professional immediately to see if a change in treatment is needed.

Voici une procédure simple, étape par étape, que vous pouvez utiliser à domicile:

<p>1 Préparez-vous et vos matériaux nécessaires</p> 	<p>2 Lavez vos mains</p> 	<p>3 Enlevez et jetez le pansement</p> 
<p>4 Lavez vos mains encore une fois</p> 	<p>5 Nettoyez la plaie</p> 	<p>6 Évaluez la plaie et la peau environnante</p> 
<p>7 Appliquez un nouveau pansement</p> 	<p>8 Lavez vos mains encore une fois</p> 	<p>9 Suivi – quelle est la suite?</p> 

Avvertissement: Le contenu de cette ressource est à titre informatif seulement et ne remplace PAS les conseils, diagnostics ou traitements de professionnels de la santé. Vous devez toujours consulter votre professionnel de la santé avant de commencer un nouveau traitement ou de modifier ou d'interrompre un traitement existant.

Source: Canadian Association of Wound Care, 2021. CARE AT HOME SERIES: Caring for Your Wound at Home Changing a dressing.

Contact information for the CISSS des Laurentides access points:

Name of your professional and phone extension: _____

- | | | |
|--------------------------|--|--|
| <input type="checkbox"/> | Routine health services
Opening hours:
Monday to Friday
Saturday, Sunday and statutory holidays | 1-866-225-0104
8 a.m. to 6 p.m.
8 a.m. to 4 p.m. |
| <input type="checkbox"/> | Home care services
Opening hours:
Monday to Friday

Saturday, Sunday and statutory holidays | 1-833-217-5362
8:30 a.m. to 6 p.m.

9 a.m. to 3:30 p.m. |

CLSC in Lanaudière:

Name of your health professional and phone extension: _____

- | | | |
|--------------------------|-------------------|----------------|
| <input type="checkbox"/> | CLSC Lamater | 450-471-2882 |
| <input type="checkbox"/> | CLSC Saint-Esprit | 1-888-256-0404 |

Info santé: 811

www.santelaurentides.gouv.qc.ca

Hôpital de Mont-Laurier: 1-819-623-1234

2561, chemin de la Lièvre sud, Mont-Laurier (QC), J9L 3G3

Hôpital de Saint-Eustache: 1-888-234-3837

520, boul. Arthur-Sauvé, Saint-Eustache (QC), J7R 5B1

Hôpital Laurentien: 1-855-766-6387

234, rue Saint-Vincent, Sainte-Agathe-des-Monts (QC), J8C 2B8

Hôpital régional de Saint-Jérôme: 1-866-963-2777

290, rue De Montigny, Saint-Jérôme (QC), J7Z 5T3

Hôpital d'Argenteuil: 450-562-3761

Centre multiservices de santé et de services sociaux d'Argenteuil

145, avenue de la Providence, Lachute (QC), J8H 4C7

Appendix 1: Wound treatment plan (determined by the nurse)

Date	/ /	/ /	/ /
Purpose of treatment			
Aseptic measure (no touch or clean technique)			
Cleaning (solution, quantity)			
Skin protector			
Primary dressing or product (directly on the wound bed)			
Secondary dressing (covers the primary dressing)			
Wound covering material (adhesive, bandage, other)			
Frequency of dressing change			
Nurse's signature			

Patient and wound inspection chart

Date	/ /		
I am feeling...	<input type="checkbox"/> Better	<input type="checkbox"/> The same	<input type="checkbox"/> Worse
My wound pain is...	<input type="checkbox"/> Better	<input type="checkbox"/> The same	<input type="checkbox"/> Worse
The wound's size is...	<input type="checkbox"/> Smaller	<input type="checkbox"/> The same	<input type="checkbox"/> Larger
The fluid (drainage) coming from the wound is...	<input type="checkbox"/> Less	<input type="checkbox"/> The same	<input type="checkbox"/> More
The smell from the wound (not the dressing) is...	<input type="checkbox"/> Less	<input type="checkbox"/> The same	<input type="checkbox"/> Stronger
The swelling around the wound is...	<input type="checkbox"/> Less	<input type="checkbox"/> The same	<input type="checkbox"/> Larger
The amount of redness around the wound is...	<input type="checkbox"/> Smaller	<input type="checkbox"/> The same	<input type="checkbox"/> Larger
The temperature of the skin around the wound is...	<input type="checkbox"/> Normal	<input type="checkbox"/> The same	<input type="checkbox"/> Hotter
The moisture on the skin around the wound is...	<input type="checkbox"/> Normal	<input type="checkbox"/> The same	<input type="checkbox"/> More

Patient and wound inspection chart

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The moisture on the skin around the wound is...	<input type="checkbox"/> Normal	<input type="checkbox"/> The same	<input type="checkbox"/> More

Patient and wound inspection chart

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The moisture on the skin around the wound is...	<input type="checkbox"/> Normal	<input type="checkbox"/> The same	<input type="checkbox"/> More

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