

Wound Care

Instructions for wound care

(abrasions, burns and unsutured lacerations)

1. Elevate injured area as much as possible to help relieve pain, reduce swelling and promote healing.
2. Keep dressing clean and dry. When taking a shower, cover wound area with a plastic bag if instructed to do so.
3. If finger(s) or toe(s) below an extremity wound become blue, cold, swollen, or numb, loosen dressing and return to Health & Wellness.
4. Return to Health & Wellness as directed for dressing changes or anytime your dressing becomes wet or dirty.

Common signs of infection of skin wounds:

- Redness, swelling, tenderness, or increased warmth of the skin around the wound
- Red streaks in the skin near the wound
- Tender bumps or swelling in armpit/groin
- Pus or watery discharge from the wound itself
- Generalized body aches, chills or fever.

If any of the above signs occur, or if you other questions or concerns, immediately call or visit Health & Wellness.

**Contact a Health & Wellness Health Resource Nurse at (603) 862-2856
For After Hours Care please call (603) 862-9355 (WELL)**