

# Essential Tips for Effective Wound Care



- Keep your wound covered.
- Take your medications.
- Change your dressings.
- Keep an eye on the wound.
- Don't pick or scratch it!
- Avoid water exposure.
- Stop smoking for faster healing.
- Limit Activity.

## When to call your Provider:

- Changes in skin color
- Swelling & warmth
- Increased pain
- Fluid drainage
- Skin streaks
- Fever

## We Treat All Types of Wounds:

- Nonhealing Surgical Wounds
- Diabetic Ulcers
- Arterial/Venous Wounds
- Cancer treatment wounds
- Extremity wounds with edema
- Traumatic injury wounds
- Other advanced wounds

Call us to schedule an appointment! (817) 380-3201

