

# Healthy Skin & Wound Care

## First Let's Check In:

- I am at risk for a wound/skin infection
- I am currently being treated for wound/skin infection  
If I have a wound or skin infection my current antibiotic treatment: \_\_\_\_\_
- I am concerned I have a wound infection

## Your nurse has identified the following skin or wound problems (type/location):

1)	5)
2)	6)
3)	7)
4)	8)

**\*\*If you have a wound/skin concern, use your Stoplight Tool on the front cover to monitor yourself\*\***

### Perform general skin care as follows (include product and frequency)

*\*Always clean skin with soap/water or skin cleanser prior to topical skin treatments*

#### Incontinent Care/brief changes:

- If incontinent you should always check your brief/pad every 2 hours and change when dirty

#### Ointments/Barriers Creams:

- Always apply skin protectant \_\_\_\_\_ times daily or after episode of incontinence. Cleanse skin prior to application

#### Bathing:

#### Special Instructions:

## **AVOID Skin and Wound Infection with good Handwashing**

### Patients

- Always wash your hands prior to cleaning your skin or wound (admission book)
- For wound care you should wear gloves (if available) when performing your wound care

### Caregivers

- Always wash your hands than put gloves on prior to providing skin or wound care (this reduces your risk of catching and passing on infection)
- For wound care, always include gloves as part of your wound care

### Monitor your skin and report:

- New or increasing redness/pink areas or scattered spots
- Check skin folds/warm skin areas for new or worsening rashes/yeast
- Painful areas that may present as boils
- Check bony areas for redness or dark circular spots
- New or worsening swelling on legs may or may not include pink/redness and pain
- New opened skin areas
- Diabetic check feet daily and report any open areas

**Call-Us-First  
Nurse 24/7  
248-723-9613**

# Wound Care

## General Instructions for Wound Care

1.) Wash hands, prepare supplies you will need on a clean surface	5.) Remove gloves, wash hands
2.) Wash hands, apply gloves, and carefully remove dressing	6.) Put on clean gloves and perform wound care
3.) Throw away dressing, wash hands	7.) Dispose of any leftover dirty materials and gloves
4.) Put on gloves and clean wound (clean from inner surface of wound to outer, disposing of dirty materials)	8.) Wash hands
<b>Other special instructions:</b>	
<i>*Review handwashing in the admission booklet</i>	

Wound (type/location)	Clean wound with	Apply following dressing	How often to change

**\*\*If you have a wound/skin concern, use your Stoplight Tool on the front cover to monitor yourself\*\***

### Monitor and report the following wound problems:

- New or increased redness around the wound
- White or wet skin around the wound
- New or worsening swelling around the wound edges
- New or more yellow in the wound
- New or more black in the wound
- Bleeding in wound that will not stop
- New or increased wound pain
- A change in the color of the wound drainage
- A wound is getting bigger or harder to manage
- New or worsening strong odor after cleaning (foul or sweet)
- Dressing is wet more often than required to change