

Arlington/Mansfield Foot & Ankle Centers, P.A.

Wound Care Instructions

The following instructions will help you take good care of your wound and increase the probability of a good course of healing.

A wound is an open area of the skin that can be either deep or superficial. With any opening in the skin, the protective layer which helps prevent infection is broken therefore you have a higher chance of developing an infection if you have a wound. For this reason, it is essential that you keep the area of the wound clean and bandaged, as directed by your doctor, at all times.

You need to change your dressing twice a day, once in the morning and once in the evening. After removing the old bandage, you may cleanse gently the wound with mild soapy water. When this has been done, you need to apply the prescribed topical (ex: triple antibiotic, Bactroban, Silvadine, Panafil, Amerigel, Accuzyme, Silvadine) to the wound and then place a dry, clean gauze dressing.

If you are diabetic, avoid using Band-Aids to replace gauze dressings because the Band-Aid may tear your skin. You should use Kling (roll-on gauze) and paper tape to secure the gauze dressing.

Wounds only heal when pressure is removed from the area. Continual walking with the presence of a wound will delay the healing and possibly cause it to not heal. Placing weight on the wound also increases the chance of complications, such as infection, during the healing process.

You must wear the shoe gear that was given or directed to use by your doctor.

If you develop a fever, chills, nausea, vomiting, red streaks coming from the area of the wound, or you notice a foul smell or increase of general redness around the wound, you need to report it to your doctor immediately.

If you have any further questions or are concerned about the appearance of you wound, please contact the office.

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