



# Dressing Changes

- Begin by washing your hands with antibacterial soap.

- Clean or irrigate the area(s) with:

\_\_\_\_\_ times a day.

- Dress the wound(s) with:

#1 Site:

Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ times per day.

#2 Site:

Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ times per day.

#3 Site:

Instructions: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ times per day.

- Protect skin around the wound with cream or ointment such as

\_\_\_\_\_

- Keep pressure off your wound.

## Nutrition

- Proper nutrition is important for healing. Protein is needed for growth and repair of body cells and helps the body fight infection.
- Eat a balanced diet including two to three servings of high protein foods daily such as: meat, fish, poultry, eggs, and dairy products, as well as dried beans and peas, tofu, nuts and nut butters.
- If you cannot get enough calories and protein from food alone, drink nutritional supplements such as: Ensure, Resource (regular or diabetic), or Boost \_\_\_\_\_ times a day. These supplement your food intake. They do not replace your meals.

- The following vitamins may increase the rate of wound healing. Take vitamins as directed by your physician.

✓ Zinc: 50 mg elemental zinc or 220 mg zinc sulfate; Take three times per day for 2 weeks

✓ Vitamin C: 500 mg 2 times per day

✓ Multivitamin with Vitamin B

- Drink 6-8 glasses of water a day – avoiding caffeine, alcohol and sugary drinks.
- Your doctor should approve all nutritional recommendations.