

Tips for Caregivers Providing Wound Care to VNS Health Hospice Care Patients



Infection Control

- Wash hands before and after changing a dressing
- Wear gloves during all dressing changes
- Throw out the old dressing by putting it in a plastic bag before placing it into the garbage

Cleansing the Wound

- Clean the wound before applying a new dressing
- The wound can be cleaned in the shower with soap and water
- The wound can be cleaned with the prescribed cleanser

During Every Dressing Change Check for:

- Redness
- Swelling
- Separation of wound edges
- Increased pain
- Change in wound drainage (color or amount)

Treat the Wound Bed and Surrounding Area

- Apply the medicine to the wound bed and/or surrounding area as taught by the nurse

Cover the Wound

- Apply the primary wound dressing as taught by the nurse
- Then, secure the primary dressing with tape or a secondary dressing, such as gauze wrap

Keep Track!

- You should write down the day you performed the wound care
- Write down any things that you noticed that might be unusual when you were checking the wound

Please Call VNS Health Hospice Care if:

- The patient has a fever or the chills; or
- There is an increased amount of pain, swelling, or redness; or
- There is a change in wound drainage (color, odor, or amount)

VNS Health Hospice Care can be reached **24 hours per day, 7 days per week at 888-870-0535 (TTY 711) or 212-609-1920.**