



Wound Management

Every Day	<ul style="list-style-type: none">• Follow the treatment plan ordered by your doctor(s) for your wound care.• Wash your hands with soap and water before and after wound care.• Eat a healthy diet of proteins, vegetables, and fruit.• Take your medicine as ordered by your doctor(s).• Avoid injury to the wound site.• Avoid all tobacco products.• Keep active. Walk often; change your position frequently; avoid sitting or lying in one position.• Watch for increased drainage, odor, pain, and redness at the wound site.• Check your temperature once a day for fever (greater than 100.4°F [38°C])
Green Zone	<p>ALL CLEAR! This zone is your goal. Your symptoms are under control.</p> <ul style="list-style-type: none">• Going to all scheduled doctor appointments• Able to eat a healthy diet and drink plenty of fluids• Taking your medicine as ordered• Being as active as you are able to• No increase in drainage, change in color, odor, pain, or redness at the wound site• No fever
Yellow Zone	<p>CAUTION! This zone is a warning!</p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none">• Loss of appetite and change in weight• Increased pain• Increased drainage, a change in color, odor, or redness at the wound site• Temperature is greater than 100.4°F (38°C) or shaking chills
Red Zone	<p>EMERGENCY Zone!!</p> <p>Call 911 or have someone take you to the Emergency Room!</p> <ul style="list-style-type: none">• Severe or uncontrolled pain• Redness spreading around wound quickly• Confusion• Foul smelling green, gray, or yellow drainage at the wound site• Temperature is 101°F (38.3°C) or greater