



IDENTIFYING AND TREATING *Wounds*

Proper wound care is important for rapid healing and infection prevention. Follow these tips for identifying your wound type and appropriately tending to it.

KNOW YOUR WOUND

Acute wounds appear suddenly often due to skin irritation or rupture.

Chronic wounds develop when an acute wound is not effectively treated and healed. Potential side effects of chronic wounds, include:



Diabetic ulcers



Radiation poisoning



Infection



Surgery



Severe inflammation

TREATING YOUR WOUND

Tend to acute wounds using these techniques:

- Apply pressure and control the bleeding
- Use soap or saline solution to cleanse the area of the wound
- If possible, remove any dirt, glass or debris that is in the wound
- Dress the wound temporarily, closing off exposure until receiving medical attention
- After hospital or clinic visit, take the necessary antibiotics prescribed and follow their directions

If your acute wound escalates into a chronic wound, it is important to seek medical attention.

For more information visit evolution.net/healthtips

