

# Wound Management

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