



## Your Guide to Wound Care

### SURGICAL WOUNDS

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You have a surgical wound, caused by the incision in your skin necessary to perform your surgical procedure. The size of the incision will depend on the kind of surgery you had.

There are two types of surgical wounds. A closed surgical wound is a wound that is healing properly after your surgery. If you have a closed surgical wound you will learn how to care for this.

An open surgical wound may have been left open intentionally after surgery, or opened after surgery because of infection, obesity, smoking, or medications. It may be open along the entire cut, or just part of it. Once a wound has opened, your doctor may decide to let the wound heal from the inside out.

# MANAGING YOUR SURGICAL WOUNDS

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There are things you can do every day to help your surgical wound to heal properly and promptly:

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1. Do **NOT wear tight clothing** against the incision
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2. **Keep your incision covered with clean, dry dressings.** (Your nurse will teach you how.)
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3. Your nurse may recommend **that you wear an abdominal binder** to help prevent pressure on the incision line, and will teach you how to use it.
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4. **Do NOT use skin cleansers, alcohol, peroxide, iodine, or soaps with antibacterial chemicals.** These can damage the wound tissue and slow your healing
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5. **Avoid friction and trauma** to your incision
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6. **Eat a balanced diet**, high in protein, which keeps your skin strong and helps wounds heal. If you are having difficulty with eating after surgery, your North East LHIN team can help you increase your protein.
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7. **If you smoke, QUIT!** It's bad for blood flow, your skin, and your body. Your team will talk to you about options that will help you kick the habit! It's truly one of the best things you can do for your body at any age.
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