

Wound Care Tips For Caregivers

Most patients are provided with some level of care & support by their loved ones or family members after getting treated for their chronic wounds. However, in the case of older persons or people with any type of disabilities, every day brings a long list of duties for caregivers.

From cleaning & changing bandages to giving medications, to taking precautions such as using mild soap and water when bathing and applying lotions, it is so overwhelming for the people providing in-home wound care.

As the primary caregiver, the most important job is to prevent infection as it can disrupt the wound healing process and can be life-threatening. To help those caregivers in enabling improved wound care at home, this blog explained some tips.

These tips will help you ensure how to prevent new wounds from forming and take effective care of them. While these suggestions should be useful in many cases, it is recommended to consult with [wound care at bedside](#).

Wound Prevention

Pressure Injuries

[Pressure ulcers](#), also known as Bedsores are the most common [types of chronic wounds](#). If not treated on time, they can be life-threatening. Pressure ulcers may be caused by prolonged pressure on certain parts of the body, especially bony areas such as the heels or the bottoms. It can be due to sitting or lying in one position for an extended period. However, the presence of constant moisture or from rubbing or slipping down in the bed or chair can also be the reason for the occurrence.

Caregivers should look for skin redness or discoloration that lasts more than 20 minutes after the position has changed. If any, consult your [pressure ulcer treatment Los Angeles](#). This is the first visible sign of pressure injuries.

Follow these recommendations to avoid pressure injuries:

If you are providing in-home wound care to someone having trouble moving or lying in bed, make sure to help them change their position for at least two hours in bed to improve blood circulation. To maximize pressure injury prevention, caregivers should use appropriate surfaces for the pressure ulcer patients such as specialized mattresses or cushions. Also, use pillows between legs.

Skin Tears And Seniors

If you are taking care at the home of an older adult, you should be extra careful while executing routine tasks to avoid any unnecessary friction while shifting in a chair or rolling over in a bed. You can consult with **wound care doctors** otherwise it can result in skin tears.

In case any damage occurs, the wound should be dressed with a protective, non-adherent dressing such as silicone foam. Monitor all skin tear wounds and visit **wound care treatment California** if you have any doubts.

Diabetic Foot Ulcers

If you are taking in-home wound care to a patient with diabetes, you should observe their feet to find any signs of injuries. Diabetic people are more prone to develop [diabetic foot ulcers](#) even from a minor injury in feet like blisters or cuts etc.

People with diabetes are often incapable of noticing any signs of pains or wounds developing on the foot due to nerve damage that causes a loss of feeling. So, consult from time to time with **wound care at bedside**.

Venous Ulcers

[Venous ulcers](#) are the most common types of leg ulcers that occur between the ankle and below the knee. These wounds are caused by high blood pressure in the legs ie. venous hypertension. If you are taking in-home wound care to a person who is having a venous ulcer, you need to monitor them closely and consult with **pressure ulcer treatment Los Angeles** to help prevent complications. Help them perform a daily exercise like walking to increase blood flow to their legs. It will help reduce the healing time and prevent future venous ulcer formations.

Final Words

These are some of the most important recommendations that every caregiver is required to follow. Also, it is essential to pay attention to your health. Seek any signs of depression and ask for professional help.

Originally Posted:

<https://www.merchantcircle.com/blogs/wound-care-surgeons-cana-noga-park-ca/2022/9/Wound-Care-Tips-For-Caregivers/231541>