



## Types of Wounds and How to Treat Them

### Superficial/Partial Thickness:

- If the wound is clean, moist, without eschar (black/white)
  - Examples: Sunburn, Road Rash, Minor Cuts, Scald Burn (hot liquid)
- **Medications:** Topical Bacitracin, Neosporin (inc risk of rxn), Mupirocin (for possible staph infection)
- **Dressing:** Simple non-adherent gauze with compression (band-aid)

### Full-Thickness Wounds:

- Deeper wounds with exposed fat, muscle, bone, eschar (black/white leathery) - usually with more distinct edges
  - Examples: Pressure Ulcers, Deep burns
- **Medications:** Silvadene
- **Dressing:** Wet or Dry dressing with non-adherent gauze, compression



## Common Examples:

### Diabetic Ulcers

- injury to skin and underlying tissue due to poor sensation and circulation in limbs. Will treat pending on stage (partial vs. full thickness).
- **Preventive Measures:** Weekly/Biweekly foot checks, medication compliance, good nutrition, offloading
- **Treatment:** Debridement, Offloading, Infection Control
- **Dressing:** Wet to Dry, Compression bandaging

### Pressure Ulcers

- injury to skin and underlying tissue over a bony prominence as a result of pressure
  - Will treat pending on stage (partial vs. full thickness).
- **Preventative Measures:** Change positions throughout day, while sleeping

### Lacerations/Punctures

- Depending on signs, extent of puncture, may need further evaluation.
- **Treatment:** Apply pressure to stop bleeding with gauze, compression dressing, and seek urgent treatment

## Wet Gauze

## or Dry Gauze?

If the wound is WET (moisture, slough), apply DRY gauze

If the wound is DRY (ulcer, burn), apply WET gauze (wet the gauze in water and ring it out, apply)



*BEFORE ANYTHING, make sure the debris, dirt, etc. is taken out of the wound...with soap and water and cleansing*

## How to Dress a Wound:

1. Give pain medication (1 hr before dressing change) - eg. Tylenol
2. Wash wound daily with SOAP and WATER - Need to debride (remove all debris and dirt, "Rinsing doesn't cut it")
3. Apply Bacitracin/Silvadene to open areas
4. Apply Non-Adherent or Adherent gauze
5. Secure with roll gauze (apply pressure to help reduce swelling)
6. Repeat Steps 3-6 Daily if possible, or at least 3-4 days



## Top 5 Reasons for Further Evaluation

1. Increase in PAIN
2. Increase in surrounding redness (use marking pen & PUT DATE)
3. Increase in Numbness/Tingling
4. Poor healing (taking months what should take weeks)
5. Significant change in odor, discharge, or drainage from wound