

## Supporting Ongoing Wound Healing

Even though the wound is healed on the outside you still require increased nutritional support to heal the wound.

It is recommended that you:

- Continue to take vitamins and minerals.
- Try to eat lean protein foods, vitamin-rich fruits and vegetables, and high fibre foods.
- Drink plenty of water.
- Moisturize skin daily or as instructed by nursing.
- Protect newly healed area from rubbing and pressure.

**Community Outpatient Services  
Burnaby Hospital  
3935 Kincaid Street  
Burnaby, BC V5G 2X6**

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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your health care provider.

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To order: [patienteduc@fraserhealth.ca](mailto:patienteduc@fraserhealth.ca)



## Wound Closure

### Management of Your Newly Closed Wound



## **Your Wound is Now Closed**

With optimal wound management provided by both yourself and our team, your wound(s) have closed. With some discussion, you and our team have agreed that wound management is no longer required at this time and you will now be discharged from our services.

## **What to Expect Next**

You will need to monitor your health, skin, and closed wound. If you have questions or concerns regarding your health and closed wound status, or if any new wound care issues arise please contact your doctor's office. You may need a referral to Burnaby Hospital Community Outpatient Services Clinic.

## **Your Newly Closed Wound**

Your wound is closed, but it is still healing on the inside. This internal healing, which can take a year to two allows for the strengthening of the underlying healed tissue. Once the wound is fully healed (1 – 2 years after the wound is closed) it will only be 80% as strong as it originally was, therefore immediately after wound closure you must take care of the area to make sure there is no trauma to the area and the skin is kept healthy.

## **When to Contact Your Doctor**

- You develop a fever, sweats, or chills.
- You have increased pain and or redness at or surrounding the closed wound that is new and/or increasing/spreading.
- You see drainage from the wound that was not previously there (bleeding, pus).
- If the previously closed wound opens up.

## **It is recommended that you:**

- Keep the wound covered with a clean dressing until there is no more drainage from it.
- Wait 24 hrs after the wound stops draining to shower. If there is a scab on the closed area you may shower, but you cannot bath until the scab has fallen off naturally.
- Avoid soaking in the bathtub or swimming until scabs have naturally fallen off.
- Avoid picking or scratching scabs or newly healed tissue.
- Avoid scrubbing the area during cleaning.
- Inspect skin daily, noting any reddened or bruised areas.
- For certain wounds:
  - No heavy lifting as this can cause increased pressure and cause the wound to reopen.
  - No sitting on the area as this can cause increased pressure to the area and cause the wound to reopen.