

Learn all about how wounds heal with DIY!

Wound healing is one of the most complicated processes in the body, but it can be likened to the process of demolishing, repairing and redecorating a house. Read on to learn more!



Wound healing is the process of repairing damaged skin or tissue. Wound healing begins as soon as an injury occurs and ends when the skin is newly repaired and matured. It is a complicated series of events that overlap each other. However, these processes can be thought of in more simple terms: as a house that is being repaired and

redecorated!

By using this analogy, wound healing can be described in four stages.

1. Stage 1 can be likened to fighting house fire, an unexpected emergency that needs to be stopped to cause minimal damage. When an injury occurs, wound bleeding is stopped by tiny blood vessels narrowing and a

blood clot is formed within seconds. When this is done, the tiny blood vessels go back to their original size, allowing more blood to the site of the



wound containing everything needed by the body to start the process of repairing the damage. This is why in most cases the wound looks a little inflamed with redness, heat, swelling and pain. Some chronic wounds can get stuck at this stage and not move on to heal.

2. Stage 2 can be likened to the refuse collectors, who come in to clear all the mess caused by the fire. White blood cells arrive in the wound and begin to clear away dead tissue, bacteria and debris present in the wound bed as a result of injury.



Once all the mess is cleared, the builders can arrive!

3. Stage 3 can be likened to builders restoring the structure of the building. In the

wound, new tissue and blood vessels grow and fill the wound from the base upwards until it is flush with the surrounding skin. New blood vessel growth is one of the most important factors in wound healing, since blood carries oxygen, nutrients and everything else your body needs to the injury site to help heal the wound.



4. Stage 4 can be likened to the decorators, who arrive to put the finishing touches to a building. In the wound, a new layer of cells grows over the wound bed to close the wound and complete healing. With time, the wound becomes stronger and smoother. It can take a while for the skin to strengthen, but it will never be as strong as the skin that hasn't been damaged.

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