

Test your wound care knowledge: true or false?

Your wound dressing needs to be changed every day

False. While the frequency of the dressing changes depends on the wound's condition and the drainage required, there are benefits to decreasing the number of changes. The less often a dressing is changed, the more time a wound gets to heal undisturbed. This also lowers the risk of infection. With every dressing change, the healing wound is disturbed and the wound temperature declines. Frequent dressing changes can also cause unnecessary pain.

healing process, but will also lessen scabs and scarring. It is also important to protect the healing wound from sunlight. Protecting the scar with a silicone dressing can help minimise scarring.

Your wound should be left exposed to the air to dry out?

False. A moist environment allows both acute and chronic wounds to heal faster and less painfully than in a dry environment. Keeping the wound covered also reduces the risk of infection.

TRUE ↔ ↔ FALSE

Good wound care can reduce scarring

True. The better the wound care, the smaller the scar. Creating a moist wound healing environment will not only accelerate the

Small wounds do not need a dressing

False. Small wounds also need to be treated or they may get bigger and possibly become chronic. Small wounds can also become infected if they are not properly managed.

In This Together



Supporting you and your caregivers towards a future free from wounds

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