

well & you

a better way to care

Wound Care Patient Journey



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video explaining your
Wound Care Journey



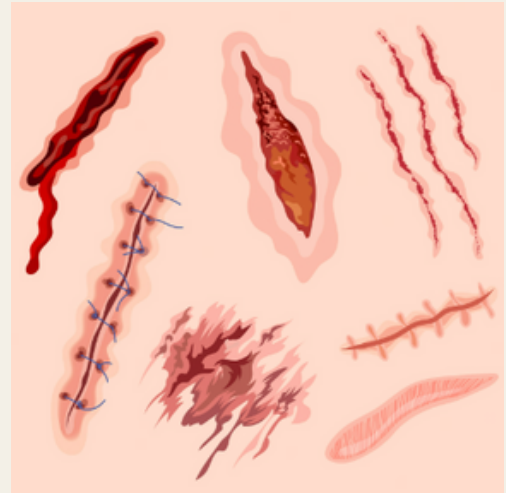
Wound Care at Well & You

Step 1: Your First Visit

When you join us as a new patient, we'll start with a wound check to figure out the type and cause of your wound.

Types of Wounds:

- Acute Wounds: Recent injuries like burns, trauma, or crush injuries.
- Chronic Wounds: Long-term wounds often tied to diabetes, circulation issues, pressure sores, surgical problems, or radiation effects.



Step 2: Your Care Plan

Once we know your wound type, we'll build a care plan just for you.

What We'll Do:

- Determine why your open wounds are not healing, like poor blood flow or infections.
- Set goals with you and map out a timeline for follow-ups.
- Plan your treatment, including specific therapies and dressings.

Step 3: Starting Treatment

We'll begin with treatments suited to your wound's type and severity.

Acute Wounds:

- Debridement: Cleaning out dead tissue to promote healing.
- Advanced Dressings: Special materials to keep your wound clean and protected.
- Off-Loading: Reducing pressure on wounds like ulcers and diabetic wounds.



Wound Care at Well & You

Chronic Wounds:

- Underlying Issues: We'll address things like diabetes or poor circulation.
- Specialized Therapies:
 - Negative Pressure Wound Therapy (NPWT): Improves blood flow to speed healing.
 - Bioengineered Skin: Helps deep or stubborn wounds heal.
 - Hyperbaric Oxygen Therapy (HBOT): Boosts oxygen to aid recovery.

Step 4: Follow-Ups

We'll track your wound's progress to make sure it's healing well.

Weekly Visits (First Month):

Check for at least a 40% wound size reduction within 4 weeks.

- If Healing is On Track: Stay with your care plan until healed.
- If Progress is Slow:
 - Revisit your plan and consider more tests or advanced treatments.

Step 5: Complex or Palliative Wounds

If healing is still limited despite care:

- We may shift to a "complex" or "palliative" care focus.
- Treatments aim to improve comfort and prevent complications.
- Reassess your care plan every 4 weeks.



What to Expect During Your Journey

Customized Care

Quick recovery for acute wounds; root-cause management for chronic wounds.

Clear Goals

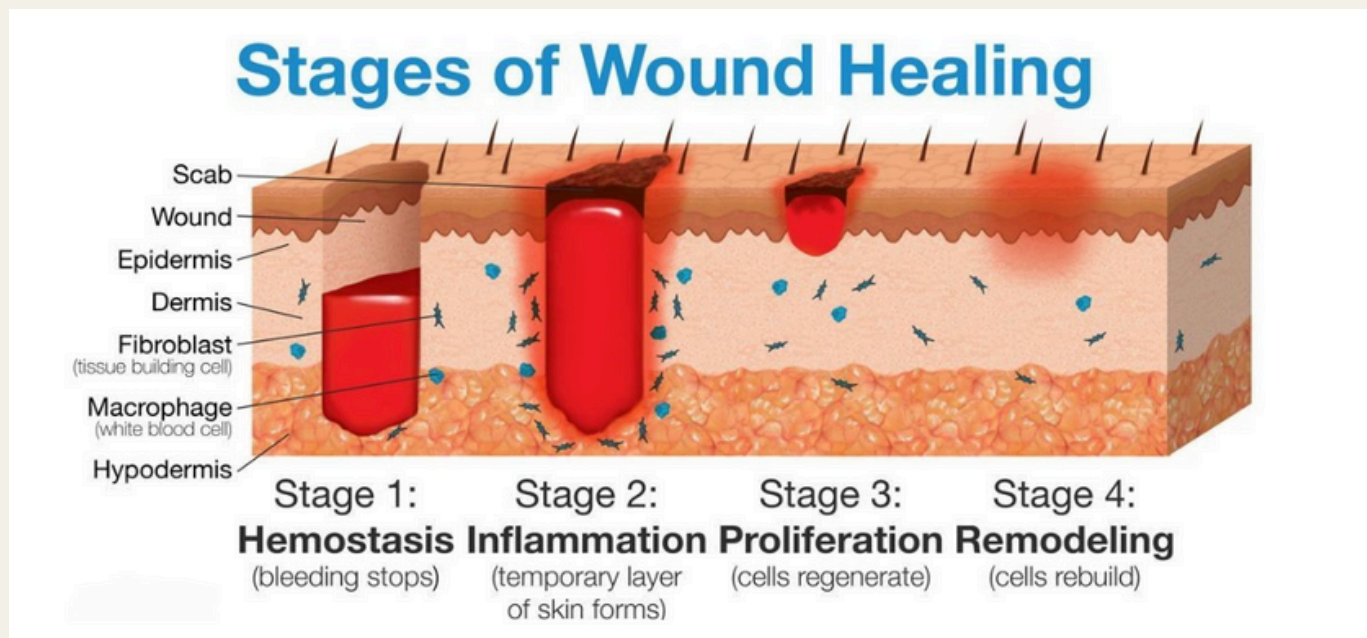
Personalized healing targets and timelines.

Close Monitoring

Weekly check-ins ensure progress, with quick adjustments if needed.

Why Staying on Track is Important

Following your care plan helps prevent complications like infections, tissue damage, or chronic pain. With consistent care, you can look forward to faster healing and a better quality of life.



Your Wound Care Journey: What to Expect

Your Path to Healing

Dealing with a wound can be tough, but healing requires time and dedication. At Well & You, our step-by-step process aims to give your wound the best chance to heal and prevent complications.

What Happens First

We start with a detailed wound assessment to identify the type and cause of your wound. This helps us create a personalized treatment plan just for you.

Why Healing Takes Time

Acute wounds (recent injuries) heal quickly, but chronic wounds (caused by conditions like diabetes or poor circulation) take longer and need advanced care and regular follow-ups.

Your Treatment Plan

- **Stick to the Plan:** Follow your care plan closely to avoid delays or complications.
- **Attend Follow-Ups:** Weekly check-ins help track progress and adjust treatments as needed.
- **Be Patient:** Healing takes time—steady improvement is key.

Why Following Your Plan Matters

Ignoring treatment can lead to severe complications, including infections, tissue damage, or even life-threatening issues.

What You Might Experience

Some treatments, like debridement, may cause mild discomfort, but we'll manage your pain and adjust care as needed.

Signs of Healing vs. Problems

Healing Signs:

- Less pain/swelling.
- Pink, bumpy tissue.
- Wound edges closing.

Trouble Signs:

- Increased swelling/redness.
- Yellow/green discharge or odor.
- Black edges on the wound.

If you notice problems, contact us immediately.

Our Commitment to You

We're here to support you every step of the way. By staying consistent with your plan and attending follow-ups, you'll see progress.

Wound Care: FAQs

How should I get ready for my appointment?

Bring anything that might help us understand your wound better:

- A list of your current medications.
- Lab results related to your condition.
- Details of past or ongoing wound treatments (like imaging, cultures, or antibiotics).

What will the procedures involve?

We use a variety of treatments to help your wound heal by boosting blood flow, reducing swelling, and encouraging new tissue growth. Here are some examples:

- Debridement: Removing dead tissue or objects to get healing started.
- Advanced Dressings: Special materials (like foams, gels, or silver-coated dressings) to protect and clean the wound.
- Off-Loading: Reducing pressure on the wound, especially for sores or diabetic ulcers.
- Negative Pressure Wound Therapy (NPWT): Suction that removes extra fluid and encourages healing.
- Bioengineered Skin Substitutes: Artificial skin used for deep or hard-to-heal wounds.
- Hyperbaric Oxygen Therapy (HBOT): High-pressure oxygen therapy for stubborn wounds.

Will it hurt? Do you use anesthesia?

- We usually use topical or local anesthesia to keep you comfortable during procedures like debridement.
- If you're worried about pain, let us know — we'll make sure to manage it.



Are there side effects?

- Advanced Dressings: May cause minor skin irritation or allergic reactions.
- NPWT: Possible discomfort, bleeding, or infection if not applied properly.
- HBOT: Rare issues like ear pressure, sinus pain, or mild vision changes.
- Other effects may include redness, swelling, or slight burning at the treatment site.

How long will it take to recover?

- Small wounds: Usually heal within a few weeks.
- Larger or chronic wounds: Can take months to fully heal.
- Healing often depends on factors like wound size, location, overall health, and nutrition.

What happens if I don't treat my wound?

Skipping treatment can lead to:

- Chronic pain or limited mobility.
- Infections or tissue death.
- Potential limb loss.
- Longer hospital stays or higher medical costs.
- In severe cases, life-threatening complications.

Wound Care: FAQs

When can I return to normal activities?

- Light activities: Usually within a few days to a week after treatment.
- Strenuous activities: Wait until your provider gives the green light.
- Healing time depends on your wound size, location, and overall health.

How many follow-ups will I need?

Expect weekly visits until your wound is healed. These appointments help track progress and adjust your treatment as needed.

What shows signs of healing?

- Less redness and swelling.
- Pain decreasing.
- Pink, bumpy tissue forming (granulation).
- A scab forming, with edges closing in.

Signs of trouble?

- Worsening redness, swelling, or spreading.
- Yellow or green pus or a bad smell.
- Dark edges around the wound.
- No improvement after weeks.
- Severe or increasing pain.