

Patient information

Wound Care Advice

Caring for your child's wound is important to promote healing, avoid infection and minimise scarring. Different types of wounds require different dressing products and care. Your community children's nurse will organise follow-up with you and your child and provide specific instructions if dressing changes are needed in between visits.

Encourage a healthy diet!

A balanced diet will give your child the building blocks their bodies need to heal a wound.

Nutrient	Role in wound healing	Food sources
Energy	Increased requirements to provide extra energy for healing process.	All food groups – aim for wholegrain varieties of carbohydrates and sticking to the Eatwell plate recommendations.
Protein	Key nutrient to promote wound healing. Provides building materials for muscle and skin repair.	Eggs, meat, fish, dairy, peanut butter, nuts and seeds, beans & pulses, soy products, Quorn – aim for 3-4 servings per day with each meal.
Iron	Helps to maintain red blood cell levels to transport blood around the body.	Meat, fish, fortified cereals, breads, legumes, green vegetables, dried fruit, molasses.
Vitamin C	Helps with iron absorption from vegetarian sources and with the healing process. The body does not store it, so it is needed every day.	Citrus fruits, cantaloupe, strawberries, bell pepper, tomatoes, broccoli (avoid overcooking and steam if possible), potatoes with skin.
Zinc	Important for making new skin tissue and to help wounds heal.	Red meat, shellfish, milk, cheese, legumes, whole grains, beans, lentils, pumpkin seeds.
Fluid	Adequate hydration ensures good circulation of nutrients and oxygen to the wound, via the blood. Dehydrated skin can be more fragile and prone to injuries. Fluid can also be lost through some wounds.	Aim for 6-8 glasses per day which can include water, milk, squash, soup or fruit juice. However, limit fruit juice to 150mls/day due to the damage sugar can have on teeth.



To start with, it is normal for your child's wound to appear slightly red or raised in appearance. The edges of the wound should come together and there should be no open areas once fully healed. Talk to your community children's nurse if you are worried about your child's wound or think that it may be healing too slowly.

All wounds are potentially at risk of developing an infection. To ensure any infection can be treated as soon as possible, it is important to watch out for the following signs:

- The skin around the wound becomes red and may be hot to touch.
- There are large or increased amounts of discharge from the wound.
- Change in discharge colour - it may change from clear to yellow or green.
- The wound has an unpleasant smell.
- Your child develops a fever and generally feels unwell.
- Your child experiences increased pain.

If any of the above symptoms occur, contact your community children's nurse or if out of hours contact your GP or 111.

Key points to remember:

- Give your child a shower instead of a bath. If dressings are not waterproof and become wet, they will need to be changed.
- Avoid swimming until the wound is healed.
- Protect the wound from bumps, pressure and the sun.
- Always wash hands before and after touching the wound, or when changing dressings.
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Ipswich Office
Allington House
427 Woodbridge Road
Ipswich IP4 4ER
Tel number: 01473 275320

Bury Office
Child Health Centre
Hospital Road
Bury St Edmunds
Tel number: 01284 741754

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