Your Wound Care Treatment Guide

Before you begin your care:

- Read this document carefully.
- First, wash your hands before proceeding if you need to read it while administering care.
- If needed, scan the QR code to view the video.

Checklist of the steps

1. Prepare the equipment and the work surface.
2. Wash your hands.
3. Remove and discard the bandage.
4. Wash your hands.
5. Clean and inspect the wound.
6. Dry the wound.
7. Apply a new dressing.
8. Wash your hands.

Detailed steps

1

PREPARE THE EQUIPMENT AND THE WORK SURFACE.

Make sure the surface is clear and clean.
Take care to:

- Remove pets.
- Switch off fans.
- Shut the windows.



Then arrange all the necessary equipment:

- A garbage bag
- Single-use gloves (as needed)
- Sterile pads or a clean towel (as needed)
- Cleansing product(s) and bandage(s)/ dressing(s) indicated in your treatment plan

2

WASH YOUR HANDS.

- Remove your rings and jewelry.
- Wash your hands with soap or an alcohol-based disinfectant (e.g., hand sanitizer). Rub your hands together for 15 to 20 seconds, taking care to thoroughly clean your nails.
- If you are using single-use gloves, put them on after you have washed your hands.



1. RUN YOUR HANDS UNDER RUNNING WATER.



2. APPLY SOAP.



3. RUB YOUR HANDS FOR 15 TO 20 SECONDS.



4. CLEAN YOUR NAILS.



5. RINSE.



6. DRY.



7. TURN OFF THE TAP USING THE PAPER TOWEL.

3

REMOVE AND DISCARD THE BANDAGE.

Immediately discard the used bandage/dressing in the garbage bag next to you.





4

WASH YOUR HANDS.

- If you are wearing gloves, discard them in the garbage bag.
- Wash your hands again.
- If you are using gloves, put on a new pair.

For steps 5, 6 and 7, consult your **Wound Care Treatment Plan**.

5

CLEAN AND INSPECT THE WOUND.

Cleanse the wound and surrounding skin with the products indicated in your treatment plan. Carefully observe the condition of the wound and skin. Watch for the following signs:

- Moist, whitish skin around the wound
- Redness or warmth spreading around the wound (more than 2 cm)
- Increased drainage (pus) from the wound, or change in colour (green, beige)
- Foul odour emanating from the wound
- New pain or an increase in pain intensity
- Swelling of the skin around the wound
- An increase in the size of the wound
- Fever of 38°C (101°F) or higher in adults
  - **For children or seniors: Consult your nurse when in doubt.**



If you notice one or more of the signs, contact your nurse or health care professional promptly.

6

DRY THE WOUND

Use sterile pads or a clean towel to dry the wound. You can also allow the wound to air dry for a few seconds. Never blow on the wound.



7

APPLY A NEW DRESSING

- Apply the dressings in the order indicated in your treatment plan.
- In addition to the frequency indicated in your treatment plan, you must also change the dressing if it is:
  - **Moist or wet**
  - **Soaked in blood or pus (more than half the dressing)**
  - **Comes loose (even partially)**



8

WASH YOUR HANDS

- If you are wearing gloves, discard them in the garbage bag.
- Wash your hands one last time with soap or an alcohol-based disinfectant (e.g., hand sanitizer).



Do you have any questions?

Contact your nurse.
Her coordinates are in your treatment plan.

Outside your CLSC's business hours, **dial 811 and press 1.**

The information contained in this document does not replace in any way whatsoever the recommendations made, diagnoses provided, or treatments recommended by your health care professional.

4-6-13787 (FR) | 4-6-13788 (ANG)
November 2026

Santé Québec