

Wound Education for Patients with Diabetes

What is my main problem?

I have diabetes which can cause poor wound healing.

To help your wound heal faster, there are some things we would like you to know.

Wound Care

- Keep dressing clean and dry.
- Change dressing as directed.
- Do not expose wound to sunlight or open air.
- Keep skin around the wound clean and dry.
- Use lotions and skin protectants as instructed.
- Do not apply tape directly to skin. Keep tape on dressing.
- Follow instructions for bathing and showering.
- Keep weight off your wound as needed. Use pillows or blankets for support.
- If you have a wound on your leg, keep that leg elevated for at least four hours every day.

Nutrition

- Keep your blood sugar under good control.
 - Take your medicine and check your blood sugar as prescribed.
 - Limit sweets and foods that are high in sugar (cakes, pies, and candy).
 - Do not “drink your calories”. Choose water or low calorie drinks instead of soda or other sugar sweetened drinks.
- Good nutrition can help your wounds heal faster.
 - Foods high in protein help with wound healing. Protein rich foods include: lean meats, fish, eggs, beans, legumes, nuts and dairy products.
 - Vitamin C can also help with wound healing. Choose fresh or frozen fruits and vegetables that are high in vitamin C. Oranges, grapefruits, strawberries, bell peppers, tomatoes and broccoli are high in vitamin C. Avoid canned fruit packed in syrup because it contains a lot of sugar.
 - Reduce salt (sodium) in your diet. This helps prevent fluid retention and swelling allowing your wound to heal faster. Canned, processed or packaged foods often contain a lot of salt. Avoid those that are high in salt. Rinse canned vegetables with water to reduce salt content.

Why is it important for me to do this?

I need to follow these instructions in order to help my wound heal quickly and prevent infection.