Care for your open wound

Paying careful attention to your wound will help it heal smoothly.

Before handling the wound, wash hands with soap and water.

- Put on direct pressure to a bleeding wound to control the bleeding.
- Clean the area after bleeding has stopped.
- Check wounds for dirt and foreign objects.
- Gently flood the wound with bottled water or clean running water.
- Gently clean around the wound with soap and clean water.
- Pat dry and put on a bandage or dry, clean cloth.

Avoid touching the wound with your fingers while treating it.

Keep the area clean and safe from further injury.

Gentle heat supplied with a warm, wet towel for 20 minutes several times a day will increase blood flow and speed healing. Be careful not to burn yourself.

Do not let your wound dry out. This could harm the new cells that are growing.

A daily shower with all bandages removed will help prevent the growth of bacteria.

Call your doctor:

- If the wound continues to actively bleed in spite of direct pressure.
- If there is a foreign object (soil, wood, metal or other object) embedded in the wound.
- If the wound is a result of an animal or human bite or from a puncture by a dirty object.
- If the wound is infected (pain and soreness, swelling, redness, draining or if you have a fever).
- If you have wounds. You should be evaluated for a tetanus shot.

If you have any questions:

Call Molina's Nurse Advice Line at 1-888-275-8750 (English) or 1-866-648-3537 (Spanish) and 711 (TTY).

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