



Welcome to Woundtech

Woundtech is an advanced wound care management company that specializes in treating patient's wounds wherever they reside. Whether at home, an Assisted Living Facility (ALF) or a Skilled Nursing Facility, Woundtech treats all wounds and helps patients heal faster.

Pressure Injury

You have been diagnosed with a pressure injury (sometimes called pressure ulcers, bedsores, or pressure sores). Below is some information about your wound and how you play a very important role in the healing process. What is a pressure injury?

A pressure injury is damage to the skin and/or underlying tissue, typically over an area where bone is close to the skin. The injury occurs because of intense pressure to the area over an extended period of time that causes "rubbing" between the bone and an item outside of the body such as a bed or chair. The prolonged pressure causes harm to the skin and the pressure cuts off the blood supply to the area. Typically, the location of the injury appears as a red, warm, tender area that will not go away. Over time, the area can progress into a scab or wound that can be quite painful. Pressure injuries most often occur when a person is unable to move easily. Your Woundtech clinician will grade your pressure injury based on how deep it is and the type of tissue damage. This is called staging. Pressure injuries are staged 1 through 4.

Signs and symptoms of a pressure injury*:

- Red, warm and/or tender area that doesn't go away
- Scab over injury
- Open sore
- Darkened area of skin

*You may have experienced some or all of these common symptoms from your pressure injury.

People at risk for pressure injuries*:

- Limited mobility including bed or wheelchair bound
- Dehydration
- Loss of feeling (neuropathy)
- Malnutrition
- Smoking
- Obesity
- Advanced age
- Previous pressure injury

*Certain people are at higher risk for pressure injuries. If one or more of these conditions apply to you, your clinician will address your risk factors to ensure that you have the best chance of preventing your pressure injury from reoccurring.

Off-Loading and Medical Devices

Treating a pressure injury requires removing the pressure from all bony areas. This is called off-loading. Your Woundtech clinician will discuss dressings and/or devices that may help ease the pain, decrease pressure, and help heal your injury. Most offloading devices require an insurance company approval. A Woundtech Case Manager will work with your clinician to get approval for any devices you may require.

The following is your treatment plan:

Cleanse the wound with:

Dressing Type:

Dressing changes _____ times per _____

Off-loading Device - Circle one: No Yes

If yes – device name: _____ Date requested: _____

How you can help to heal your pressure injury:

- Change position often in bed, and at least three times per hour when sitting.
- Avoid lying or sitting on the wound whenever possible.
- Do not rub or massage any red, warm, or tender areas. This can make the injury worse.
- Keep the area around your wound clean, dry, and moisturized.
- Inspect your skin daily.
- Drink plenty of water. Staying hydrated will help you heal.
- Eat a balanced, healthy diet.
- Follow your Woundtech clinician's instructions regarding transferring from bed to a chair or wheelchair.

Woundtech is with you every step of the way to ensure that you heal properly.

Clinician: _____ Phone: _____

Patient Care Coordinator: _____ Phone: _____