Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Wound Care -Tissue Viability

Version number: **2**
Last modified date: **12th November 2026**

Wound Care

Patient Information

Tissue Viability Service

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Why do I need a dressing?

Your wound has been dressed in order to encouragehealing to take place.

It is importantthat you follow the advice from your health care professional about wound care and dressing changes. This will help them to assess how your wound is healing.

How long will the wound take to heal?

Some wounds take longer to heal than others depending on where and how severe the wound is.

Please contact your health care professional if you feel that your wound does not appear to be healing or if you have any concerns.

What if my wound is painful?

It can be usual for the wound to be painful.

If your wound is painful it may help to take pain relief 30 minutes before your dressing is changed.

What medicine can I take for pain?

If you are taking any medication or have a medical condition you must check with your pharmacist or general practitioner (GP) **before** taking any form of pain relief. This is to make sure that it is safe for you to take.

You may take medicines such as paracetamol or ibuprofen for pain.

As with all medicines you should always:

- Follow the instructions printed on the label (if prescribed)
- Read the patient information instructions included with the medicine. This is to make sure that you get the full benefit of the medicine.

If you experience any side effects, you should ask your pharmacist or GP for further advice.

If your wound is still painful then discuss this with your health care professional or GP, as alternatives may be available for you.

Why is my wound not cleaned?

Research shows that cleaning wounds removes the good healing cells on the bed of the wound, this can delay healing.

Wounds are only cleaned with warm tap water if there is any dressing or wound debris that needs removing.

The edges of your wound may be cleaned with warm tap water to remove any wound debris or adhesive from your skin.

What should I do if my dressing falls off?

If your dressing falls off before your next appointment, contact your health care professional to arrange an appointment as soon as possible.

How can I reduce the risk of infection?

Try to keep the dressing clean and dry - ask your nurse about waterproof dressings for use in the bath or shower.

If blood or discharge soaks through the dressing it may need to be changed sooner.

Your health care professional will discuss with you the when the dressings need changing.

What are signs of infection?

If you have any of the following, please contact your health care professional immediately:

- Raised temperature or fever
- Increased pain
- Redness, swelling, discharge

- Offensive smell from the wound.

Do not touch the wound if there is no dressing in place.

How do I get my dressings?

Your health care professional will discuss any dressings or equipment you may need to continue your treatment.

Will I need a prescription?

You may need a prescription. Your GP or health care professional will arrange this for you.

If you need to pay for your prescription, then a pre-payment certificate for either three or twelve months may be best.

You can discuss this with your pharmacist.

What can I do to help my wound heal?

Avoid alcohol as much as possible and stop smoking.

Try to eat foods which contain vitamin c and protein, such as:

- Fruit and vegetables
- Chicken and red meat
- Fish.

If you are unable to eat these foods for any reason a multivitamin tablet may be advised; this will be discussed with your health care professional.

Do not remove your dressing unless this has been discussed with your health care professional and it is part of your wound care plan.

Follow any instructions that you have been given by your health care professional or GP that are specific to your wound.

Contact information

Health care professional contact number:

Telephone:
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