

If you notice any of the following, report them to your health care provider right away:

- You see blood soaking through the outside of your dressing
- Your dressing becomes wet or falls off
- Your pain continues to increase
- If the wound becomes infected
- Signs of infection include:
 - Increased redness and warmth
 - Increased drainage and odor
 - Increased pain
 - Swelling
 - Fever



If you notice any of these symptoms, call your doctor or health care provider for further assessment.

The information in this brochure is for general information only and is not a substitute for medical care.

This educational brochure has been brought to you by the Association for the Advancement of Wound Care (AAWC) through the volunteer support and clinical expertise of the AAWC Public Awareness Task Force.

OUR MISSION

AAWC's mission is to advance the care of people with and at risk for wounds.

DID YOU KNOW?

AAWC has a variety of membership and contribution options. Categories of membership exist for health-care providers and their facilities, but also for wound care patients and their caregivers. In fact, patients, lay-caregivers and layperson advocates receive free lifetime memberships to AAWC!

WOUND CARE PATIENTS NEED A VOICE!

Join today, and encourage your healthcare team to become professional members. For information, to join or to make a charitable contribution, please call or visit:

Toll Free: 866-AAWC-999

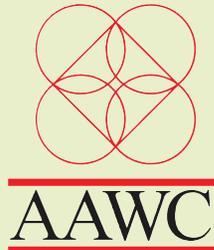
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DEBRIDEMENT

Clean Up to Heal Up

A Patient
Guide to
Basic
Information

You've just been told that your wound needs to be debrided... What does that mean?

FREQUENTLY ASKED Questions

What is debridement?

Debridement of a wound means removing:

- Dead or unhealthy tissue
- Debris or foreign matter
- Infected tissue
- Excess callus



This procedure should only be done by a trained and skilled professional.

Why is debridement done?

Debridement helps your wound to heal as quickly as possible. It is important to remove dead or unhealthy tissue because:

- Bacteria like to grow in dead tissue
- Healthy cells need a clean wound bed to do their job and help to heal a wound
- It's difficult to see what is underneath the unhealthy tissue



For all of these reasons, it is important for a professional to remove dead or unhealthy tissue and get you on your way to a healed wound.

How is debridement done?

Different methods of debridement may be used:

- Selective debridement can be done in a medical office or clinic:
 - The most common method uses tools such as scalpels, scissors, forceps
 - Special debridement devices can use water to remove dead tissue and debris
- Sharp debridement is done with surgical tools in a clinic or operating room
- Slower forms of debridement may be applied in the clinic for overnight or longer, using:
 - Special dressings
 - Ointments
 - Medical maggot therapy



Be sure to tell your health care provider about ALL of your medicines: prescription, over the counter and dietary supplements.

Is debridement painful?

While debriding is not typically painful, please talk with your health care provider about ways to decrease discomfort.

Will my wound bleed?

Some bleeding is possible after debridement, this is normal. If bleeding continues and soaks through your dressings, you should report this and any medicines you are taking to your health care provider right away.

Will my wound look smaller right away?

Since dead tissue is being removed, your wound may appear larger after debridement. This is normal but it is expected that wound healing will improve after this procedure.

Will my wound need debridement more than once?

Your wound may need more debridement sessions to keep the wound free of dead tissue. This is not always the case but it is not unusual.

What happens after debridement?

Special dressings and protective splints, braces or shoes may be applied after debridement to protect your wound. For best results, CAREFULLY follow instructions for use and wear.