![Esperta Health logo] esperta HEALTH™
Expert Wound Care *Anywhere*

Non-Healing Wounds

What is a non-healing wound?

A non-healing wound is an injury that occurs when the skin or other tissues of the body are damaged. A wound that has shown no significant progression toward healing for 30 days is known as a chronic wound.

What are the different non-healing wounds?

- Chronic Venous Insufficiency Ulcers
- Malignancy-related Ulcers
- Lymphedema-related Ulcers
- Non-Pressure Ulcers
- Surgical Wounds
- Burns
- Atypical Wounds
- Autoimmune Wounds
- Wounds Caused by Infections

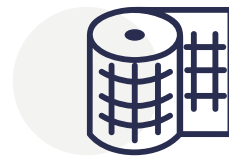## How do you care for your non-healing wound?

General wounds need special care and treatment to prevent infection and to help them heal. We recommend the following ways to care for your general wound.

Keep the area clean
by gently washing with mild soap and water

Apply treatment
to the wound to help keep the wound moist

Cover the wound
with a dressing to help heal and protect from germs

What are ways to prevent a non-healing wound from worsening?

- Eat a balanced diet and maintain a healthy weight
- Move around frequently to improve circulation
- Wear proper footwear to prevent injuries and blisters
- Practice good hygiene by regularly bathing and moisturizing
- Manage chronic health conditions by taking medicine as prescribed

What activities I should avoid?

Smoking nicotine, tobacco, or similar products

Exposing your feet to extreme temperatures

Removing or Picking scabs or dry skin

Soaking your feet in hot water

Trimming ingrown or thick toenails

When should I call for help?

If you notice any of the following symptoms:

- Redness or blistering in or around the wound
- A new opening around the wound
- Fevers, chills, nausea, or vomiting
- Unusual increase in blood sugar level
- Increased pain that does not go away
- Extremities are warm to touch
- Swelling around the wound
- Increased or unusual wound drainage or odor

Have Questions or Need Help?

Talk with your Clinical Care Team. **Call 1-833-ESPERTA (1-833-377-3782)**.

If you are unable to reach us or this is an emergency, go to your nearest hospital or call 911.