

Basic Hygiene



Healing a wound is a lot of work for the body. If the body is also trying to combat gum disease or an infection, the wound healing suffers. This is why it is so important to have good hygiene and oral care.

BATHING

Bathing can be difficult if you have a non-healing wound. Your wound care team will talk with you about bathing with a wound and how to keep clean if you are not able to shower or sit in the bathtub. Here are a few tips to keep you safe:



- Check the temperature of the water
- Use a tub seat or bench to keep good balance
- Talk to your doctor about how often you should bathe
- Some dressings should not get wet. Talk to your doctor about the best way to bathe when wearing dressings
- Apply lotion after you bathe

When washing up, do a skin check. Look for dry, cracked, or reddened skin. If you see any problem areas, tell your doctor or caregiver. Finding small problems early will help avoid bigger problems later!

HAND WASHING

Regular hand washing is vital to prevent infection. It can also prevent sickness, including viruses like the flu and pneumonia. Remember to always wash your hands:



- After removing an old dressing
- Before applying a new dressing
- If you come into contact with someone who is sick
- When visiting the wound center, hospital or doctor's office
- If they become soiled or dirty

ORAL HEALTH

Good oral health is important for everyone. However, diabetic patients are at a higher risk for gum disease and fungal infections. Diabetics may also have delayed healing if they need oral surgery. This puts a diabetic at risk for infection.



According to the American Diabetes Association (ADA) good oral health involves three areas:

- Brush your teeth three times a day
- Floss at least once a day
- Visit your dentist once or twice a year for checkups

GOOD HAND WASHING TECHNIQUE

The average person washes their hands 5-10 times every day. For most of us, washing our hands happens so often we don't really take time to think about the method. To help

prevent infection and keep your hands clean, the method of washing your hands is just as important as the frequency.

Below are some simple steps to make sure you are washing your hands well:

1. Remove all jewelry from your hands so that the spaces between your fingers can be easily cleaned and dried.
2. Using warm water, lather your hands with a mild liquid soap.
3. Rub your hands together until the soap forms a lather and then rub all over your hands.
4. Rub the top of your hands, in between each finger and the area around and under the fingernails.
5. Be sure to wash up to the wrist and continue to wash for 15 seconds.
6. Rinse your hands under running water.
7. Dry your hands using a paper towel if possible. Then, use your paper towel to turn off the faucet and to open the door if needed.



WET



SOAP



WASH



RINSE



DRY