

Bodies are strong and can heal with care and time.

## TIPS

- Putting ointment or lotion on your skin can keep it healthy and prevent wounds.
- Most wounds do better when covered.
- When possible, change bandages every one to three days or when drainage has soaked through.

## SEEK MEDICAL ATTENTION IF...

- The area around the wound is swollen/firm, red/darkened skin, or hot to the touch.
- Feeling sick even after using (nausea, fever, chills).
- Seeing bones or tendons.
- Pain that is getting worse.
- Drainage or pus that is getting worse.
- Rapid size increase.
- New numbness or not being able to feel or use your limb.

# XYLAZINE

# WOUND

# CARE

Treating wounds early is key! The body CAN heal with the right support.

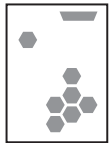
# BASICS

**Thomas Jefferson University**  
SCHOOL OF NURSING & ALLIED HEALTH SCIENCES

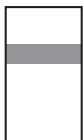
This booklet was supported by a grant from the National Institute on Drug Abuse (R21DA058582) and was produced in collaboration with Brandeis University.

[jefferson.edu/xylazineresponse](http://jefferson.edu/xylazineresponse)  
[jefferson.edu/sobrexilacina](http://jefferson.edu/sobrexilacina)

## MOIST. Maintain moisture



inner dressing pads



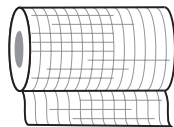
Bacitracin ointment



A&D ointment



tape



gauze roll

- 1. Protect area around the wound.** Spread a thin layer of ointment around the edges of the wound. If the wound looks red and "angry," use Bacitracin. If it's healing and getting better, use A&D ointment or Vaseline. Any ointment will work, though! Ointment helps protect the skin from wound drainage and keeps the wound from getting bigger.
- 2. Apply inner dressing.** Apply more ointment to a nonstick pad and place it on the wound. This is your "inner dressing."

## WOUND CARE DOS AND DONT'S

### Dos

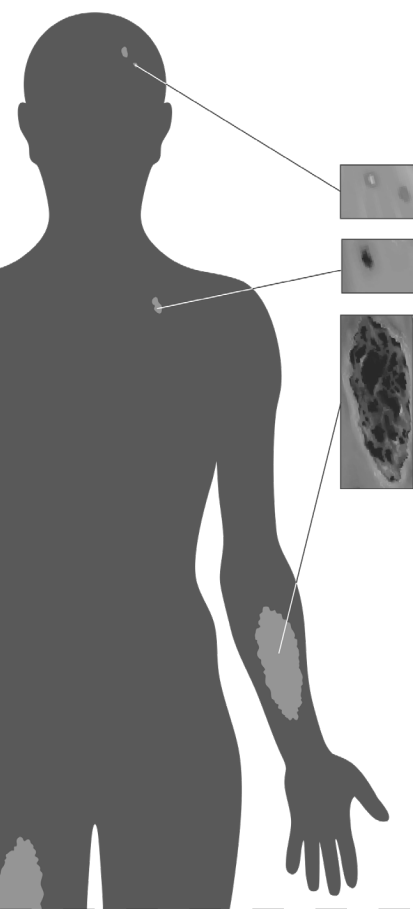
- Wash hands and wounds with soap and water.
- Use ointment or non-stick gauze to cover wounds.
- A dried-out wound can't heal. Add ointment. Keep it covered if you can. If it feels too wet, soak up drainage and put on new gauze. Wounds need a balance to heal.
- If it looks and feels "angry" or shows other signs of infection, get medical help.

### Don'ts

- Don't use hand sanitizer, alcohol, peroxide, or bleach.
- Avoid scratching, picking or tearing up scabs.
- Don't mess with the wounds too much beyond basic wound care.

Wounds can appear whether you inject, smoke, or snort. They can happen anywhere on the body, not just at an injection site.

## YOUR WOUNDS MIGHT LOOK LIKE...



**1.** Flat purple blisters or tight, pimple-like raised blisters.

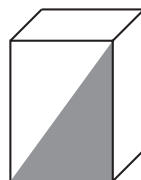
**2.** Small open wounds with some depth, with and without dead tissue.

**3.** Large open wounds with depth, with different types of tissue in them (dead tissue, healing tissue, or regular skin). Wounds showing signs of infection need medical attention.

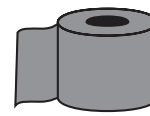
**Wounds can appear anywhere on the body.**



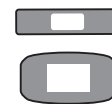
## COVERED. Dress & keep covered.



outer dressing pads



Ace bandage or Coban



bandaids

**1. Apply outer dressing.** Place a layer of dry gauze or cloth on top of the inner dressing. This is your “outer dressing” that will help soak up drainage. Don’t put gauze directly on your wound—it will stick.

**2. Wrap the wound.** You can wrap the wound with an Ace bandage, with more gauze, or with Coban. The wrap should be tight enough to keep the dressings in place, but not so tight that it cuts off blood flow—this is especially important with Coban.

## SIGNS OF HEALING

You can see new skin/scar tissue growing from the edges of your wound.

Your wound is less painful.

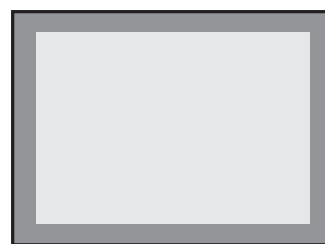
New skin may be itchy.

Your wound is getting smaller or less deep. A healthy wound bed looks pink or red, “bumpy,” or like cobblestones (can be called granulation tissue).

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## CLEAN. Prepare the area.



underpad



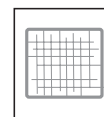
alcohol wipes



saline



gloves



gauze 4x4s



BZK wipes

Three steps to follow for wound care:  
**CLEAN.**  
**MOIST.**  
**COVERED.**



ENGLISH

SCAN FOR  
A HELPFUL  
WOUND CARE  
HOW-TO  
VIDEO



ESPAÑOL

**1. Wash or sanitize your hands.** Use the alcohol wipe on your hands and then put on gloves. Remember, once you touch your gloves to something, they’re not clean anymore!

**2. Unwrap wound and remove old dressing.** Dressings sometimes get stuck—if this happens, get it wet and take it off as gently as possible. This may take time, be patient with your body.

**3. Clean wound.** Use saline or soap and water. Use a BZK wipe if you don’t have access to soap and water.

**4. Remove drainage and dead tissue.** With a wet piece of gauze, gently wipe the wound and surrounding skin to remove any dried drainage and dead tissue that’s able to be removed easily and painlessly.

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