



presents **WOUND** Education Series

Home Remedies For Wound Healing

While home interventions can contribute to the healing of wounds, it's essential to emphasize that for substantial or infected wounds, seeking guidance from the healthcare experts at Blue Ridge Health Care is imperative. Here are some home remedies that may assist in the recovery process of minor wounds.

Clean The Wound:

- Use mild soap and warm water to delicately cleanse the wound.
- Avoid harsh chemicals or hydrogen peroxide, as they may impede the healing process.

Apply An Antiseptic:

- After cleaning, apply a topical antiseptic or over-the-counter antibiotic ointment to prevent infection.

Keep The Wound Moist:

- Moist wound healing generally supports faster recovery.
- Consider using a sterile, non-stick bandage or gauze to cover the wound.

Change Dressings Regularly:

- Regularly change bandages, especially if they become wet or soiled.
- Allow some periods of air exposure to promote oxygenation, avoiding complete drying out to prevent skin contracture and scarring.

Stay Hydrated:

- Drink plenty of water to support overall health and hydration, crucial for tissue repair.

Eat A Nutrient-Rich Diet:

- Consume foods rich in vitamins and minerals supporting wound healing including vitamin C, Vitamin A, Zinc, and protein.

Avoid Smoking:

- Smoking can impede circulation and slow down the healing process; quitting can aid in wound recovery.

Elevate The Injured Area:

- Elevate the injured limb when possible, particularly for wounds on the extremities, to reduce swelling and enhance circulation.

Manage Blood Sugar Levels:

- For individuals with diabetes, maintaining stable blood sugar levels is crucial for optimal wound healing.

Use Honey:

- Some studies suggest that applying medical-grade honey to wounds may have antibacterial properties and promote healing; consult a healthcare professional before use.

Aloe Vera Gel:

- Apply pure Aloe Vera Gel may have soothing and anti-inflammatory effects; ensure it is free from added chemicals.

Turmeric Paste:

- Turmeric, with anti-inflammatory and antimicrobial properties, can be mixed with water to form a paste and applied to the wound.

Arnica Montana:

- Arnica Montana, available in cream or gel form, may be applied topically to reduce bruising and inflammation, follow product instructions.

Calendula Ointment:

- Calendula ointment, derived from marigold flowers, is believed to have wound-healing properties; apply as directed.

Stay Active:

- Gentle exercise promotes blood circulation, beneficial for wound healing.

Remember, these home remedies are suitable for minor wounds, cuts, and abrasions. Seek medical attention promptly if a wound is deep, large, infected, or shows no improvement within 7-10 days. Additionally, consult with the healthcare professionals at Blue Ridge Wound Care before attempting home remedies if you have allergies or medical conditions.

****Remember:** If under active wound care plan from the team at Blue Ridge Wound Care consult with them before adding or changing any home care routine.