



Caring for Your Wound at Home: 10 Simple Habits That Can Support Healing

Healing doesn't stop when you leave the clinic. The choices you make at home can play an important role in your recovery.

Whether you're recovering from surgery, managing a chronic wound, or receiving treatment for a diabetic foot ulcer or venous leg ulcer, your daily routine matters. While your care team provides the treatment plan, there are several things you can do at home to create the best possible environment for healing.

Here are ten simple habits that can help support your wound healing journey.

1. Follow Your Care Plan

No two wounds are exactly alike. That's why your provider creates a treatment plan specifically for you.

If you've been instructed to change your dressing a certain way, wear compression, or limit pressure on the wound, following those instructions consistently gives your body the best chance to heal.

If you're ever unsure about your care instructions, don't guess—contact your healthcare team for guidance.

2. Wash Your Hands Before and After Caring for Your Wound

One of the easiest ways to reduce the risk of infection is proper hand hygiene.

Before touching your dressing or wound:

- Wash your hands thoroughly with soap and water.
- If soap and water aren't available, use an alcohol-based hand sanitizer.
- Wash your hands again after completing your dressing change.

Clean hands help protect healing tissue from unnecessary bacteria.

3. Protect Your Dressing

Your dressing is designed to create the right environment for healing.

Try to:

- Keep it clean and dry.
- Avoid removing it unless instructed.
- Replace it if it becomes saturated or damaged, following your provider's instructions.
- Contact your care team if you're having trouble keeping it in place.

A secure dressing helps protect your wound while it heals.

4. Eat Foods That Help Your Body Heal

Your skin can't repair itself without the right nutrients.

A balanced diet that includes lean protein, fruits, vegetables, whole grains, and adequate fluids provides the building blocks your body needs for healing.

If your provider has recommended additional nutritional support, be sure to include it as part of your recovery plan.

5. Stay Hydrated

Water plays an important role in nearly every healing process.

Drinking enough fluids helps support circulation, skin health, and overall recovery. Unless you've been given fluid restrictions by your physician, aim to stay well hydrated throughout the day.

6. Manage Chronic Health Conditions

Conditions such as diabetes, poor circulation, heart disease, and lymphedema can all affect wound healing.

Taking medications as prescribed, monitoring blood sugar when appropriate, and attending routine medical appointments can all support better healing outcomes.

Treating the underlying cause is just as important as treating the wound itself.

7. Reduce Pressure When Needed

Some wounds develop or worsen because of constant pressure.

Depending on the location of your wound, your provider may recommend:

- Elevating your legs
- Repositioning regularly
- Wearing an offloading boot
- Using specialized cushions or support surfaces

Reducing pressure allows damaged tissue the opportunity to recover.

8. Stay Active—If Your Provider Recommends It

Movement helps improve circulation, which delivers oxygen and nutrients to healing tissue.

For many patients, light activity such as walking can be beneficial. Others may need to limit activity depending on the type or location of their wound.

Always follow the recommendations provided by your care team.

9. Watch for Changes

Healing isn't always a straight line.

Take a moment each day to notice whether your wound looks different than it did the day before.

Contact your provider if you notice:

- Increasing redness
- New swelling
- Unusual drainage

- Foul odor
- Increasing pain
- Fever or chills
- The wound becoming larger

Early intervention can often prevent more serious complications.

10. Keep Your Follow-Up Appointments

Even if your wound appears to be improving, follow-up visits remain an important part of your care.

These appointments allow your provider to:

- Measure healing progress
- Adjust your treatment plan
- Identify problems early
- Answer your questions
- Ensure you're moving in the right direction

Healing is a process, and regular evaluations help keep that process on track.

Healing Is a Partnership

Successful wound healing doesn't happen from one dressing change or one office visit alone. It happens through consistent care, open communication, and a treatment plan designed around your individual needs.

At Aetherus Wound & Lymphatics, we believe patients are active partners in their healing journey. By combining specialized wound care with healthy daily habits at home, you can help create the best possible conditions for recovery.

A Few Reminders

Every wound is different.

The information in this article is intended to support—not replace—the personalized instructions provided by your healthcare team. Always follow the recommendations specific to your condition, and never hesitate to reach out if you have questions or concerns.

If you're struggling with a wound that isn't healing, or if you're concerned about changes in your wound, the team at Aetherus Wound & Lymphatics is here to help.

Together, we can create a personalized plan to support healing and help you get back to doing the things you enjoy.