



Caring for Someone with a Wound: A Caregiver's Guide to Supporting Healing at Home

When someone you love is living with a chronic wound, your support can make a meaningful difference. Here's how you can help them heal safely and confidently.

Caring for a family member or friend with a wound can feel overwhelming. You want to help, but you may worry about doing something incorrectly or missing an important warning sign.

The good news is that you don't have to do it alone.

At Aetherus Wound & Lymphatics, we believe caregivers are an essential part of the healing journey. Whether you're helping with daily wound care, providing transportation, or simply offering encouragement, your involvement can have a positive impact on recovery.

Here are ten ways you can help support your loved one at home.

1. Learn the Care Plan

Every wound is different.

Take time to understand:

- How often dressings should be changed
- Activity restrictions
- Compression instructions
- Medication schedules
- Follow-up appointments
- When to call the healthcare team

Don't hesitate to ask questions during appointments. Understanding the treatment plan helps everyone feel more confident.

2. Help Create a Clean Environment

A clean environment helps reduce the risk of infection.

Before assisting with wound care:

- Wash your hands thoroughly.
- Gather all necessary supplies.
- Work on a clean surface.
- Dispose of used dressings safely.
- Wash your hands again when finished.

Simple habits can make a big difference.

3. Encourage Healthy Nutrition

Healing requires energy and proper nutrition.

Help your loved one by offering meals that include:

- Lean proteins
- Fresh fruits
- Vegetables
- Whole grains
- Plenty of fluids, unless otherwise directed by their healthcare provider

If their appetite is poor, encourage smaller meals and healthy snacks throughout the day.

4. Help Them Stay on Schedule

Consistency is one of the most important parts of wound healing.

You can help by reminding your loved one to:

- Take medications as prescribed
- Wear compression garments if recommended
- Follow dressing instructions
- Keep follow-up appointments

- Monitor blood sugar if they have diabetes

A simple calendar or medication organizer can make daily routines easier.

5. Watch for Changes

You may notice changes before your loved one does.

Keep an eye out for:

- Increasing redness
- Swelling
- New drainage
- Foul odor
- Increased pain
- Fever or chills
- A wound that appears larger
- Skin becoming dark or discolored

If something seems different, contact your healthcare provider.

6. Encourage Movement—When Appropriate

Depending on the type of wound, gentle movement may help improve circulation and reduce stiffness.

Encourage activity that has been approved by the healthcare team while respecting any restrictions that have been provided.

If offloading or limited weight-bearing has been recommended, help your loved one follow those instructions safely.

7. Offer Emotional Support

Living with a chronic wound can be frustrating.

Some patients experience:

- Anxiety
- Embarrassment

- Isolation
- Depression
- Fear that healing will never happen

Sometimes the most valuable thing you can offer isn't medical—it's emotional.

Listening without judgment, celebrating small improvements, and offering encouragement can make a significant difference.

8. Attend Appointments Together

If possible, accompany your loved one to appointments.

A second set of ears can help remember:

- Treatment recommendations
- Medication changes
- Dressing instructions
- Questions to ask
- Follow-up plans

Taking notes during the visit can also be helpful.

9. Take Care of Yourself, Too

Caregiving is rewarding, but it can also be physically and emotionally demanding.

Remember to:

- Ask for help when needed.
- Take breaks.
- Get enough sleep.
- Stay connected with family and friends.
- Care for your own health.

You can provide the best care for someone else when you're also caring for yourself.

10. Remember That Healing Takes Time

One of the hardest parts of caregiving is waiting.

Some wounds heal quickly, while others require weeks or even months of treatment.

Progress may sometimes seem slow, but healing isn't always a straight line. Small improvements over time are still meaningful progress.

Patience, consistency, and teamwork are key.

You're Part of the Care Team

As a caregiver, you are more than someone providing transportation or changing dressings. You are an important partner in your loved one's recovery.

Your support helps create consistency, encourages healthy habits, and provides reassurance during what can be a challenging time.

***Never hesitate to ask questions or share concerns with your healthcare team.
Communication helps ensure everyone is working toward the same goal.***

We're Here to Support Both Patients and Caregivers

At Aetherus Wound & Lymphatics, we recognize that successful healing often involves more than one person. That's why we're committed to educating and supporting not only our patients, but also the family members, friends, and caregivers who help them every day.

If you're caring for someone with a chronic wound or lymphedema, know that you don't have to navigate the journey alone. Our team is here to provide guidance, answer questions, and partner with you every step of the way.

Healing is strongest when patients, caregivers, and healthcare providers work together—and we're honored to be part of that team.