



Your Wound Care Questions, Answered: 12 Things Patients Ask Most Often

If you've been referred to a wound care specialist, it's normal to have questions. Here's what you should know before your first visit.

Being told you need specialized wound care can feel overwhelming. You may be wondering why your wound isn't healing, what treatment will involve, or how long recovery will take.

At Aetherus Wound & Lymphatics, we believe informed patients make confident decisions. Below are answers to some of the questions we hear most often from patients and caregivers.

1. Why Isn't My Wound Healing?

Most wounds heal naturally within a few weeks. When a wound doesn't improve as expected, there is often an underlying reason.

Common causes include:

- Diabetes
- Poor circulation
- Swelling (lymphedema or venous disease)
- Infection
- Pressure on the wound
- Poor nutrition
- Smoking or tobacco use
- Certain medications

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

2. What Does a Wound Care Specialist Do?

A wound care specialist looks beyond the surface of the wound.

Your care team evaluates:

- Why the wound developed
- Why it isn't healing
- Your circulation
- Swelling
- Signs of infection
- Your overall health
- Other medical conditions that may be slowing healing

The goal is to develop a personalized treatment plan that addresses the whole person—not just the wound.

3. Will My Treatment Be Painful?

Many patients worry about discomfort before their first visit.

Some treatments may cause temporary discomfort, but your provider will explain every step of your care and work to keep you as comfortable as possible.

Never hesitate to tell your care team if you're experiencing pain during treatment.

4. How Long Will It Take for My Wound to Heal?

There isn't one answer that fits every patient.

Healing depends on many factors, including:

- The type of wound
- Its size and location
- Your circulation
- Blood sugar control
- Nutrition
- Infection
- Swelling
- Following your treatment plan

Some wounds heal within weeks, while others require longer-term management.

5. How Often Will I Need Appointments?

Many patients receiving advanced wound care are seen weekly so their progress can be monitored and treatment adjusted as needed.

Your provider will recommend a schedule based on your individual condition and healing progress.

6. Can I Shower?

This depends on your wound and the type of dressing you're using.

Some dressings are designed to stay dry, while others may allow limited exposure to water.

Always follow the instructions provided by your healthcare team before bathing or showering.

7. Should I Change My Dressing Before My Appointment?

Unless you've been instructed otherwise, leave your dressing in place.

Seeing the wound exactly as it has been healing gives your provider valuable information that helps guide treatment decisions.

8. What Should I Bring to My Appointment?

To help your visit go smoothly, bring:

- A photo ID
- Insurance card
- A current medication list
- Your wound care supplies (if requested)
- Compression garments (if applicable)
- A list of questions
- Any recent medical records related to your wound

If a caregiver assists with your care, they're welcome to attend your appointment as well.

9. Will My Insurance Cover Wound Care?

Coverage varies depending on your insurance plan and the treatments being provided.

Our team will work with you to help explain your benefits and answer questions whenever possible. If you're unsure about your coverage, don't hesitate to ask before your visit.

10. What Can I Do at Home to Help My Wound Heal?

Healing continues long after you leave the clinic.

Some of the best ways to support healing include:

- Following your care instructions
- Keeping dressings clean and dry
- Eating a balanced, protein-rich diet
- Drinking plenty of water
- Managing diabetes and other chronic conditions
- Wearing compression if prescribed
- Avoiding tobacco products
- Attending follow-up appointments

Small daily habits can have a big impact over time.

11. When Should I Call My Provider?

Contact your healthcare provider if you notice:

- Increasing redness
- New swelling
- Worsening pain
- Fever or chills
- Foul-smelling drainage
- Heavy bleeding
- A wound that's getting larger instead of smaller

When it comes to wound healing, it's always better to ask early than wait.

12. Will My Wound Ever Heal?

This is often the biggest question—and one of the hardest to answer.

Every patient is different.

Many chronic wounds can heal with the right combination of specialized care, treatment of underlying conditions, and consistent follow-up. Even when healing takes time, there are often steps that can improve comfort, reduce complications, and help you regain your quality of life.

The most important thing is not to lose hope. Healing is a journey, and your care team is there to guide you through it.

Your Questions Matter

No question is too small when it comes to your health.

At Aetherus Wound & Lymphatics, we encourage patients and caregivers to ask questions, share concerns, and become active participants in their care. Understanding your condition and treatment plan can help you feel more confident and better prepared for the road ahead.

Whether you're coming to us for chronic wound care, diabetic foot care, compression therapy, or lymphedema management, our goal is the same: to provide compassionate, personalized care that helps you heal and improve your quality of life.

If you have a wound that isn't healing or have questions about your care, contact Aetherus Wound & Lymphatics to schedule an evaluation. We're here to help every step of the way.