



# Your Wound Healing Journey

## *What to Expect at Aetherus Wound & Lymphatics*

Healing a wound can feel overwhelming, especially if it has been slow to improve. At Aetherus Wound & Lymphatics, our goal is to identify *why* your wound isn't healing and create a personalized treatment plan that supports healing while helping you maintain the best possible quality of life.

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***Every patient is unique, and your care should be too.***

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## Before Your Appointment

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To help us make the most of your visit, please bring:

- A photo ID
- Your insurance card(s)
- A list of your current medications
- A list of any allergies
- Recent medical records related to your wound, if available
- A list of questions or concerns you would like to discuss
- Compression garments, braces, or wound supplies you are currently using (if applicable)

If a family member or caregiver helps with your care, we encourage them to attend your appointment with you.

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## Your First Visit

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Your first appointment is focused on understanding you—not just your wound.

During your visit, your provider may:

- Review your medical history
- Discuss how and when your wound developed
- Measure and photograph your wound to monitor healing over time
- Examine the surrounding skin and circulation
- Assess swelling or lymphedema if present
- Review any previous treatments
- Discuss your current medications and overall health

Depending on your condition, additional testing may be recommended to better understand the cause of delayed healing.

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## Understanding Your Treatment Plan

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Once your evaluation is complete, your care team will develop a treatment plan tailored to your needs.

Your plan may include:

- Specialized wound dressings
- Debridement (removal of unhealthy tissue when appropriate)
- Compression therapy
- Offloading devices to reduce pressure
- Lymphedema treatment
- Infection management
- Nutritional recommendations
- Coordination with your primary care provider or specialists

Healing is often a step-by-step process, and your treatment plan may change as your wound improves.

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## How Long Will Healing Take?

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Every wound heals at its own pace.

Healing depends on many factors, including:

- Your overall health
- Blood flow and circulation
- Diabetes or other medical conditions
- Nutrition

- Infection
- Swelling
- Following your treatment plan

Some wounds improve within a few weeks, while others require ongoing care. Our team will work with you to monitor progress and adjust your care as needed.

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## Your Role in Healing

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You play an important role in your recovery.

You can support healing by:

- Keeping dressings clean and dry
- Taking medications as prescribed
- Following wound care instructions carefully
- Wearing compression garments if recommended
- Eating a balanced, protein-rich diet
- Staying hydrated
- Managing blood sugar if you have diabetes
- Avoiding tobacco products
- Attending scheduled follow-up appointments

Small daily habits can make a significant difference in the healing process.

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## Between Appointments

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Please contact our office if you notice:

- Increasing redness around the wound
- Increased swelling
- New or worsening pain
- Fever or chills
- Drainage with a foul odor
- Heavy bleeding
- A dressing that will not stay in place
- Any sudden change that concerns you

**If you believe you are experiencing a medical emergency, call 911 or go to the nearest emergency department.**

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## Frequently Asked Questions

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### Will my wound heal?

Many chronic wounds can heal with the right treatment plan. Our team works to identify and address the underlying cause of delayed healing while supporting your body's natural healing process.

### Will treatment be painful?

Some treatments may cause temporary discomfort, but we will explain each step and work to keep you as comfortable as possible.

### How often will I need appointments?

This depends on your condition. Many patients are seen weekly, while others may require a different schedule based on their individual needs.

### Should I remove my dressing before my appointment?

Unless your provider has instructed otherwise, leave your dressing in place so we can evaluate your wound as it has been healing.

### Can I shower?

Your provider will give you specific instructions based on your wound and dressing. Keeping your wound protected from unnecessary moisture is often an important part of healing.

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## We're Here to Help

Healing is a partnership. Our team is committed to providing compassionate, evidence-based care while helping you understand every step of your treatment journey.

If you have questions before your appointment, please don't hesitate to contact Aetherus Wound & Lymphatics. We're here to support you on your path to healing.