There are things you can do to promote the healing of your wound:

* Please leave the prescribed dressings in place as they have been carefully selected for your wound. Your follow up appointment is booked for the correct duration between treatments. Please make sure to attend your appointments.
* Eat a healthy diet that includes fruit and vegetables plus protein such as meat, fish, beans and eggs
* Keep well hydrated by drinking 6-8 cups of water, tea or coffee each day. Avoid fruit juice and keep alcohol to under 14 units a week.
* Do not smoke. Please ask us if you need support to stop or reduce smoking
* Take exercise if you can such as gentle walking or chair exercise.
* If the wound is on your leg, it will help to elevate your legs when sitting.
* If you are diabetic good control of your blood sugars will help wound healing. Please book an appointment if you need more help
* If the wound is infected then please complete any course of antibiotics that are prescribed for you.

If there is no improvement after two weeks we will assess your wound as you may need a referral to Pioneer. The team at Pioneer have specialist knowledge and are experts in advanced techniques to be able to successfully treat patients, resulting in improved quality of life and usually significantly faster healing times.

