

My Action Plan for Wound Care

<p>Every Day</p>	<p>Things I Will Do Every Day:</p> <ul style="list-style-type: none"> Care for my wound as directed. Take my medicine the way my doctor told me to, even if I feel good. 	
<p>Green Zone</p>	<p>I Feel Normal for Me</p> <ul style="list-style-type: none"> No swelling around the wound. No pain at wound site. Skin around wound is normal color or unchanged. No odor from the wound. Wound looks same or better. 	<p>Action – I Will: Keep doing the things I do every day.</p>
<p>Yellow Zone</p>	<p>Caution – I Feel Worse</p> <ul style="list-style-type: none"> More swelling around the wound. More pain at wound site, but not constant or unbearable. More redness and warmth of the skin around the wound. Slight odor from the wound. More drainage. 	<p>Action – I Will:</p> <ol style="list-style-type: none"> Call my main caregiver _____ Phone # _____ Then I will: Call my doctor _____ Phone # _____ Call my home health nurse Phone # _____
<p>Red Zone</p>	<p>Danger – I Feel Much Worse</p> <ul style="list-style-type: none"> Feeling sick or flu like symptoms. Worsening swelling. Pain at the wound is constant and unbearable. There is a strong foul odor from the wound. Worsening or pus like drainage. 	<p>Action – I Will: Call my doctor.</p>