Be sure in four

You can give every wound the best chance of healing with four simple steps.

We understand that biofilm is a major cause of hard-to-heal wounds. We believe every wound, no matter how challenging, can progress to healing. Just as we follow basic hygiene every day by washing our hands, brushing our teeth and showering, we should apply basic hygiene to wounds to keep them clean and remove biofilm.

By implementing Wound Hygiene™, you can ensure every wound is properly prepared for healing every time.

Not everything needs to be complicated. Keep biofilm based wound care simple.

Now published as an International Consensus Document
Download at: www.magonlinelibrary.com/page/jowc/resources
Skin and wound cleansing
Removal of dead skin scales and callus, and decontamination of peri-wound skin, ideally using wound cleansers to prevent re-colonisation of the wound, carried out at every dressing change.

Debridement
Removal of necrotic tissue, slough, foreign bodies and biofilm at every dressing change.

Refashioning of the wound edge
Refreshing edges of the wound (scraping to pinpoint bleeding) to remove necrotic, crusty and/or overhanging edges that may be harbouring biofilm, and ensuring the continuation of the skin edges with the wound bed to facilitate epithelial advancement and wound contraction.

Dressing the wound
Addressing residual biofilm while preventing/delaying regrowth of biofilm by using biofilm dispersal agents, topical antiseptics and/or topical antimicrobial dressings.

These four steps should be repeated regularly and frequently to:

1. Promote and maintain a healthy healing environment
   - All wounds, particularly hard-to-heal wounds, will benefit from Wound Hygiene™
   - All practitioners (generalists and specialists alike) can carry out Wound Hygiene™ in any setting
   - The steps can be tailored to suit your patient and the condition of their wound
   - The aims of Wound Hygiene™ are better healing rates/times, a reduction in antibiotic prescriptions, and improved quality of life and wellbeing for your patients

2. Address the tenacious biofilm present in the majority of hard-to-heal wounds

Find out more at www.woundhygiene.com