

NURSING QUICK REFERENCE: WOUND CARE BASICS

Provided by Singh Wound Care | Dr. Singh, MD *Mobile Physician Services* • (833) WOUNDOC

GUIDE 2: Arterial Wounds (The "Ischemic" Ulcer)

Primary Cause: Poor blood flow *to* the legs (PAD). **Most Common Sites:** Tips of toes, between toes, lateral malleolus (outside ankle).

Identification

- **Appearance:** "Punched out" look. Perfectly round edges.
- **Color:** Pale or necrotic (black) wound bed. Minimal drainage (dry).
- **Surrounding Skin:** Shiny, hairless, cold to the touch. Pale on elevation.
- **Pain:** Very painful (especially when legs are elevated).

The Singh Standard (Management)

1. **DO NOT COMPRESS:** Compression wraps can cut off remaining blood flow and cause amputation.
2. **Keep it Dry:** If it is dry and stable gangrene (hard black scab), do not soak it. Keep it dry and protected with Betadine until Dr. Singh evaluates.
3. **Positioning:** Hang legs *down* (dependent position) to help gravity pull blood to the feet.

Red Flags

- Gangrene (black tissue) starts to become "wet" or boggy.
- Sudden loss of sensation or movement in the foot.
- Foot turns blue or white.

GUIDE 3: Venous Wounds (The "Swollen" Ulcer)

Primary Cause: Poor blood flow *returning* from the legs (Valve failure). **Most Common Sites:** Medial malleolus (inside ankle), Gaiter area (lower calf).

Identification

- **Appearance:** Irregular shape, shallow edges.

- **Color:** Beefy red/ruddy wound bed. Heavy drainage (wet).
- **Surrounding Skin:** Brown staining (hemosiderin), swollen (edema), dry/itchy (stasis dermatitis).
- **Pain:** Aching/heavy feeling (relieved by elevation).

✅ **The Singh Standard (Management)**

1. **Compression is Key:** This wound will *not* heal without managing the swelling. (Confirm Dr. Singh orders for Profore, Tubigrip, or ACE wraps).
2. **Absorb Drainage:** Use highly absorptive dressings (Foams, Alginates, ABD pads) to prevent maceration of healthy skin.
3. **Elevation:** Encourage patient to elevate legs *above the heart* when in bed.

🚩 **Red Flags**

- **Signs of Cellulitis:** Spreading redness, heat, and pain *outside* the normal brown staining.
- **Sudden shortness of breath (Risk of DVT/PE).**