# Self-Management Plan for Wounds

<table>
<thead>
<tr>
<th>Green Zone: All Clear</th>
<th>Green Zone Means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>► No swelling around wound</td>
<td>► Your wound is clean and not infected</td>
</tr>
<tr>
<td>► No pain at wound site</td>
<td>► Continue with your dressing changes</td>
</tr>
<tr>
<td>► Skin around wound is normal color or slightly red</td>
<td>► Keep Care at Home nurse appointments</td>
</tr>
<tr>
<td>► No odor from wound</td>
<td>► Keep physician appointments</td>
</tr>
<tr>
<td>► Drainage is straw or pink in color</td>
<td></td>
</tr>
<tr>
<td>► Temperature by mouth is 98.6° or less</td>
<td></td>
</tr>
<tr>
<td>► Have all prescriptions available</td>
<td></td>
</tr>
</tbody>
</table>

## Green Zone Means:
- Your wound is clean and not infected
- Continue with your dressing changes
- Keep Care at Home nurse appointments
- Keep physician appointments

## Yellow Zone Means:
- Your symptoms indicate that you may have an infection
- Call your Care at Home nurse and/or your physician

Contact ____________________________________________________________
Phone Number __________________________
(Please notify your Care at Home nurse if you contact or go see your MD)

## Red Zone Means:
This indicates that you need to be evaluated by a physician right away

## Red Zone:
- Swelling around wound more then 1/8 inch higher than the wound
- Pain at the wound is constant and/or excruciating
- The skin surrounding the wound is bright red
- There is a strong foul odor from the wound
- The drainage is soaking through the dressing or is bright yellow or green
- Temperature by mouth is above 100.5°
- Have taken wrong dose or missed a dose of medication today

Call your physician immediately if you are going into the RED zone

Call your physician right away or call 911
(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)