Proteins
These foods are rich in protein: meat, fish, eggs, cheese and milk. You could also have some cheese and biscuits as a snack.

Carbohydrates (energy foods)
These are good sources of carbohydrate: rice, pasta, potatoes and bread. You could also try a packet of salted nuts or fruit and nuts.

Vitamins
Try eating plenty of fruit and vegetables. If this is difficult you may need to take some vitamin supplements.
The nurses may refer you to a dietician who will help you plan your meals.

Other important information:
Please take care of your pump:
• do not spill any fluids on the pump; it must remain dry at all times.
• do not take your pump to the bathroom or areas where liquid/moisture is present
• take care not to crush the pump when lowering your bed
• do not attempt to fix or tamper with any settings in your pump

Avoid smoking. Smoking a cigarette reduces the blood supply to your skin. This means vital oxygen and nutrients are lowered and healing may be slower

For further advice you can contact the team providing your care:

Tissue Viability Service
0121 627 2000 ext 3025 during working hours (Mon to Fri 8am-4pm).

Burns and plastics/Hospital at Home
0121 371 5462 (Outside of these hours, please contact Burns and Plastics on call doctors via switchboard 0121 627 2000).

Outreach (Military plastics outreach team)
Duty mobile: 07825947927. Or ask the nursing staff on your ward.

The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm
Negative Pressure Wound Therapy (NPWT)

NPWT is a wound management device that uses gentle suction via a wound dressing and a small electrical pump to help wounds heal faster. It is now being widely used in both hospitals and in the community. Several different types of pump and dressing are available.

What are the benefits of NPWT?

NPWT may help your wound heal by:
- removing excess fluid
- encouraging healthy tissue to grow
- protecting the wound from germs
- increasing the blood supply to the wound
- reduce healing time

How long will the therapy be on the wound?

The doctors and specialists will decide how long you need this type of therapy for depending on how your wound progresses after each dressing change.

What does NPWT involve?

A gauze or foam dressing is cut to the size of the wound and sealed with a sticky cling film. A tube connects the dressing to the suction pump and once turned on this applies negative pressure “suction” to the wound and slowly draws fluid into a “collection chamber” canister that is fitted in to the pump.

Will there be any pain?

There is no reason for you to experience pain with this therapy. However, a slight pulling or drawing sensation may be felt for a few seconds when the suction starts but this should disappear. Pain killers can be given before the dressing is removed and you can have extra pain relief if needed.

Will I be able to move around whilst on the therapy?

Yes – the therapy should not restrict your mobility. Larger pumps can be attached to a drip stand and smaller pumps are available depending on the size of your wound. The portable pump can be disconnected for short periods if necessary and has a battery back up.

What if the machine alarms?

The machine may sound an alarm. If so, the display will state the problem.

While you are an inpatient and you hear the alarm, please contact your nurse immediately who will be able to assess the problem and deal with it accordingly.

On discharge, verbal information will be given regarding the management of your NPWT at home. This will include frequency of dressing changes and the location of these.

How often will the dressing be changed and will it hurt?

The dressing will usually need to be changed once or twice a week, but in some cases this may vary. Some people may feel discomfort on dressing removal depending on the type, position and location of the wound. Extra pain relief can be given to prevent this if required.

Do I need to be in hospital throughout the duration of the therapy?

If you are medically fit for discharge but still needing NPWT the specialist will try and arrange for you to continue this therapy at home.

You may need to attend the outpatient department for your dressing changes, this will be verbally discussed on discharge.

What can I do to help my wound to heal?

When you have a wound it is essential that you have a balanced diet, as the body needs food to heal the wound. You need to eat enough carbohydrates, protein, vitamins and minerals to aid your recovery.