



Understanding Wound Debridement

Helping Your Wound Heal by Removing Damaged Tissue

What Is Debridement?

Debridement is the medical process of removing dead, damaged, or infected tissue from a wound. This helps the wound heal properly and reduces the risk of infection.

Wounds that are not healing well often have dead tissue that gets in the way of the body's natural healing process. Debridement clears that tissue so healthy new cells can grow.

Why Is Debridement Important?

- Promotes faster healing
- Reduces infection risk
- Improves effectiveness of wound dressings and treatments
- Allows better assessment of the wound
- Prepares the wound for advanced therapies

Types of Debridement

There are several types of debridement. Your provider will choose the method based on your wound and health condition:

- **Sharp/Surgical Debridement** – using sterile tools to cut away dead tissue (often done at the bedside or in a clinic)
- **Mechanical Debridement** – using moist dressings or irrigation to loosen tissue
- **Autolytic Debridement** – using the body's own fluids and special dressings to break down dead tissue
- **Enzymatic Debridement** – applying a prescription ointment that dissolves dead tissue
- **Biological Debridement** – using sterile maggots (in rare cases) to remove damaged tissue



What to Expect

- ✓ Debridement is often done during a routine wound care visit
- ✓ You may feel mild discomfort, depending on the type of debridement
- ✓ Numbing medicine or a topical anesthetic may be used if needed
- ✓ The wound will be cleaned and dressed after the procedure
- ✓ You may need more than one session for full healing

Aftercare Tips

- Keep the wound clean and covered as instructed
- Watch for signs of infection (increased redness, pain, or drainage)
- Avoid putting pressure on the area
- Follow all instructions for dressing changes and medications
- Call your provider if you have concerns or new symptoms

How We Help

Our mobile wound care team provides expert debridement services in the comfort of your home. We will:

- Evaluate your wound at every visit
- Use the most appropriate debridement method for your needs
- Monitor your healing progress
- Work closely with your primary care and specialty providers

Questions? Call Us Anytime

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We're here to support your healing journey!

Disclaimer:

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