

Treating your wound



The best way to care for your wounds during the healing process is to act fast. With proper care and the right supplies, your body can recover.

- Keep your wound clean and moist. Do **not** keep your wound wet. If your bandages get wet, replace with clean and dry bandages.
- Avoid using rubbing alcohol or hydrogen peroxide. These can dry out your wound.
- Cover your wound thoroughly with petroleum jelly or a similar ointment before you put on your bandage to keep the wound moist.
- Make sure your bandages are not on too loose or too tight.



Get in touch

The Harm Reduction Response Team (HRRT) offers mobile overdose and disease prevention services.



If you need any of these supplies, call or text the HRRT at **608-504-7700**:

- Safer use supplies
- Naloxone
- Fentanyl and xylazine test strips
- Wound care
- Infectious disease testing



The HRRT can arrange a delivery and discuss care needs and options.



Contact the HRRT via email:

DHSDPHHarmReduction@dhs.wisconsin.gov

Learn more about HRRT:

[dhs.wisconsin.gov/
aoda/harm-reduction-
response-team.htm](https://dhs.wisconsin.gov/aoda/harm-reduction-response-team.htm)



Wound Care

Harm Reduction Response Team

608-504-7700

Identifying wounds

Most wounds will appear at the sight of injection, but can appear anywhere on the body.

Some substances, like xylazine or levamisole, are more likely to cause wounds than others.

Wounds can look like:

- Blisters.
- Scabs.
- Large open sores.
- Dead skin (dark discoloration or black in color).
- Small holes in the skin.
- Abscess or small bump filled with pus.

Signs of infection include:

- Redness around the wound.
- Pus drainage from the wound.

Bandaging wounds

Ensuring wounds stay clean and covered is one of the most important things for your wound to heal. Replace your dressing and bandage at least every two to three days. Change your bandages and dressing if they become soiled or you can see drainage coming through.



Changing your dressing and bandage:

1. Wash your hands with soap and water, or wear new gloves.
2. Gently remove the dressing and bandage; try not to pull any skin (or tissue) off. Running the dressing under clean water can help you remove the bandage without pulling the wound apart.
3. Wash the wound with soap and water, or saline solution.
4. Cover the wound with ointment, and place a new and dry gauze pad over it.
5. Wrap the wound with dry gauze wrap, and then with Coban or an ACE bandage.

You deserve care, no matter how you were injured



If you have a wound and experience any of these symptoms, seek medical care:

- Fever and/or chills
- Skin surrounding the wound is red, hard, and hot to the touch
- Intense pain at the wound site
- Discolored discharge coming from the wound
- Skin begins to fall off in pieces
- Bone(s) is/are visible
- Tingling sensation or loss of feeling on the skin
- Unable to move your body where the wound is located