

PATIENT INFORMATION

Nutrition for Wound Healing

INTRODUCTION

To heal pressure sores and wounds, it is important to eat foods which promote this process. Energy, protein, minerals and vitamins are particularly important nutrients in the wound healing process. Poor nutrition can compromise wound healing and impair our immune systems meaning we are more likely to pick up infections.

ENERGY

Fat and sugar are a concentrated form of energy (calories) for people with small appetites and are important in wound healing. Getting enough energy from food is important to ensure we have enough fat stores to 'cushion' our skin and prevent pressure sores.

Below is a list of useful ways to increase the energy content of foods.

- Increase calories by adding butter or margarine to potatoes and vegetables.
- Add mayonnaise or salad cream to sandwich fillings and jacket potatoes.
- Add cream to porridge, soup or puddings.
- Take more sugar in drinks, puddings and on cereal.
- Have crisps, chocolate, cheese, nuts or cake as snacks.
- Milk based snacks e.g. custard pots, full fat yoghurt and mousse also make good high energy snacks.

CARBOHYDRATE

Carbohydrate foods (or starchy foods) are a very important part of our diet as these foods are broken down in the body

to release energy and fuel us. This is particularly important for wound healing to provide energy for tissue growth.

Try to include a source with each meal. Examples include:

- Potatoes or potato based products such as chips
- Bread
- Pasta
- Rice
- Noodles
- Cereals
- Oats

PROTEIN

You will likely have higher protein needs while your wound is healing. This is because a high amount of protein is used during the healing process and you may be losing protein through the wound if it is weeping.

Try and have a protein source with meals and have protein containing snacks and drinks.

Here are some tips to boost your protein.

- Include red meat or offal four times a week.
Corned beef and pâté are convenient and easy to use.
- Fresh, frozen, smoked or tinned fish are all nourishing.
Try to include these at least twice weekly, aiming for one portion to be an oily fish e.g. salmon, mackerel and herring.
- Include baked beans, beans, lentils, chick peas and kidney beans.
- Include nuts and peanut butter.

- Try soya products e.g. tofu, soya mince, soya burgers.
- Include full fat milk, yoghurts and milk puddings in between meals e.g. full fat yoghurts, mousse.

FRUIT AND VEGETABLES

These provide important vitamins and minerals to help wound healing.

Include 5 portions of fruit and vegetables every day. Use fresh, tinned, frozen or dried fruits and vegetables.

- Take one or two glasses of pure fruit juice every day e.g. orange juice.
- Include citrus fruits and kiwi fruits regularly in your diet.
- Add fruit to porridge or cereal or milk puddings.
- Have fruit (fresh or dried) as a snack.
- Have vegetables in soup, stews and casseroles.
- Add salad to sandwiches.

MEAL PLAN

Breakfast: Pure fruit juice
 Cereal with milk and sugar or porridge with fruit and cream
 Toast and jam/honey or toast with scrambled egg/baked beans

Mid morning: Milky drink and biscuit(s) or nuts and raisins.

Snack meal: Soup and sandwich with corned beef, ham, egg or cheese, or baked beans, paté, egg or cheese with toast.
 Fruit and ice cream or yoghurt

Afternoon: Drink with scone, fruitcake or biscuit(s)

Main meal: Pure fruit juice

Meat, fish or chicken with potato, rice or pasta

Vegetables or salad

Milk pudding, fruit with custard, evaporated milk or ice cream

Bedtime: Milky drink and biscuits or cheese and biscuits or sandwich

Don't forget...

Take plenty of drinks each day (non-alcoholic) to ensure a good blood supply to your wound. Aim for at least 10 cups (1.5 – 2 litres) of fluid per day.

If you need any extra dietary advice, speak to your nurse/district nurse, who will arrange a referral to the dietitian.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the therapy Manager/Deputy Therapy Manager on 01704 704147 if you have any questions or concerns. If no-one is available, a message can be left on the answerphone and your call will be returned.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the Trust premises that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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FOR APPOINTMENTS

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We would welcome your feedback about your experience
at Southport and Ormskirk Hospital NHS Trust.
Please access the Friends and Family Test at the following
link:

<https://www.southportandormskirk.nhs.uk/patients-and-visitors/fft/>

Thank you