

Debridement

The importance of debriding wounds!

What is debridement?

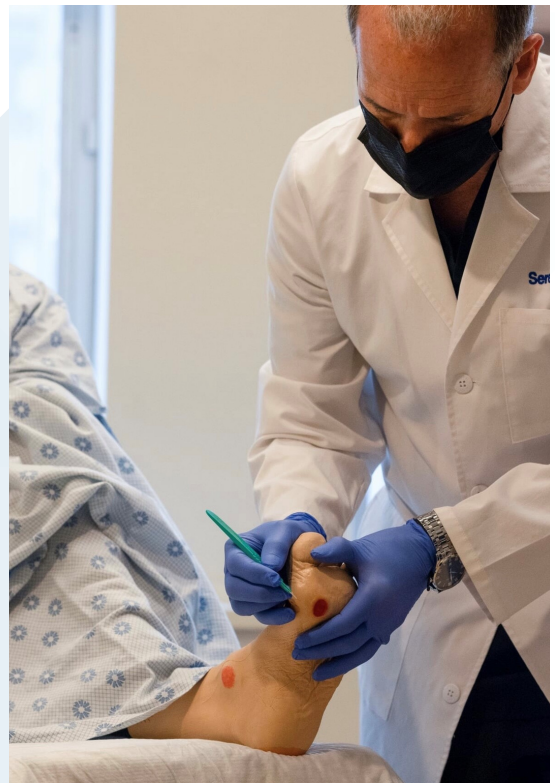
Debridement is a procedure in which a wound is cleaned thoroughly by removing thickened skin or callus, infected and/or nonviable tissue, and debris, such as residual materials from dressings. During the wound healing process, the affected area can become overrun with devitalized/dead tissue; this can hinder the ability to heal and grow new skin. For this reason, debridement may be necessary to remove the dead tissue from the wound bed. Debridement is recognized as a critical element in wound care and has been proven to expedite wound healing.

Types of debridement.

Debridement can be performed on the soft tissue and bone, and it can be performed in a multitude of different ways. Wound care centers frequently perform sharp debridements. With this method, the unhealthy tissue is cut or scraped away by your practitioner, using a scalpel, scissors, or curettes.

What you can expect.

Sharp debridements may require numbing or anesthesia and takes, on average, 5-20 minutes, depending on the size of your wound. You may experience bleeding, but that is generally a good sign that the debridement is working. You may feel some discomfort during or after the procedure. Debridements can be a recurring procedure and may need to be done every week or two, until the wound can maintain a healthy wound bed or heals.



How debridement works.

The goal is to create a clean, bleeding wound base that shortens the inflammatory process and quickly converts to the proliferative phase, which is a fancy way of saying that it encourages healing by creating trauma to the wound bed. This signals to the body it needs help healing the area. Chronic wounds can stop signaling the body for help since they've been present for so long and the body has adjusted to their presence, but with debridement that healing property can be stimulated once again.



**If you have any questions about your wound or debridements,
contact your wound care center.**

We are here to help!