

WOUND CARE 101 BASIC TIPS OF WOUND CARE

- 1) Wash hands with soap and water before touching wounds.
- 2) Assess the wound for:
 - skin temperature (if warm or hot)
 - loss or change in feeling (like pulsing or pins & needles)
 If there are changes in temp/feeling, seek medical attention!
- 3) Wash wound gently with soap and water or saline solution at least every 2-3 days.
- 4) Put ointment on gauze to cover wound and then wrap with ace bandage or coban. Change dressing on wound every 1-3 days.
 - Avoid using alcohol/hydrogen peroxide on wounds as this can slow healing.
- 5) Keep wounds dry and clean with fresh dressings regularly.
- 6) Wounds heal from the inside out! Avoid creating additional irritation around the wound site by avoiding injecting into areas around the wound.
 - Don't inject into or near the wound!
 - Every wound is different. If things aren't improving, seek medical care.

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WOUND CARE 101 XYLAZINE SPECIFIC WOUND CARE

What is Xylazine (zai-luh-zeen)?

Xylazine is a long acting veterinary sedative. Xylazine is present in the local drug supply and has always been found alongside fentanyl. If you're using, there is a chance xylazine is in your supply.

How to spot a xylazine wound

Can start as a purple-red blister and may progress to a dry/dark scab, or an ulcer. It may be around the site of injection, but can sometimes be found elsewhere on the body.

How are xylazine wounds different from other abscesses and wounds?

Wounds may occur outside of sites of injection. There are reports of wounds in individuals with use practices that do not include injection use (e.g., snorting, smoking)

Wounds associated with xylazine are most often reported to occur on arms and legs, but can occur at other locations.

WOUND CARE 101 RED FLAGS WHEN TO SEEK MEDICAL CARE

Seek medical care if

- you have fever or chills
- wounds that won't heal after sometime
- thick and/or smelly green or yellow drainage from wound site
- severe pain or decreased ability to move joint near wound
- exposed bone or tendon
- new numbness or tingling
- skin turns blue or black
- pieces of tissue fall off

WOUND CARE 101 WHAT'S IN MY BAG

basics to keep in your wound care kit:

- GAUZE
- BANDAGES
- BANDAIDS
- STERILE SALINE SOLUTION
- ANTIBIOTIC OINTMENT
- GLOVES

WOUND CARE 101 WOUND PREVENTION FOR INJECTION DRUG USE

To prevent wounds:

- use sterile supplies (one needle, one use)
- use a clean or temporary surface
- rotate injection sites
- clean the site before and after injection

THANK YOU TO THE TESTRI COMMUNITY ADVISORY BOARD FOR THEIR INPUT INTO THIS ZINE.

Brown University is located in Providence, Rhode Island, on lands that are within the ancestral homelands of the Narragansett Indian Tribe. We acknowledge that beginning with colonization and continuing for centuries the Narragansett Indian Tribe have been dispossessed of most of their ancestral lands in Rhode Island by the actions of individuals and institutions. We acknowledge our responsibility to understand and respond to those actions. The Narragansett Indian Tribe, whose ancestors stewarded these lands with great care, continues as a sovereign nation today. We commit to working together to honor our past and build our future with truth.



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