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WOUND DEBRIDEMENT

What is Debridement?

Debridement is the process of removing non-living tissue from wounds. This includes dead tissue that may be black, gray, yellow, tan or white. Foreign material may also be on the wound and may need to be removed. The healthcare provider at the wound center or clinic will examine the wound to decide if the debridement is necessary. They will also discuss the type of debridement that would be best, the risks included in the debridement, the benefits and the procedure before they begin.

Why does my wound have to be debrided?

There are several reasons why wounds, which are debrided regularly:

- Wounds that contain dead tissue take longer to heal. New tissue cannot grow across dead tissue or quagmire
- Regular debridement of wounds will keep a wound clean and will stimulate the growth of new tissue. This improves the time it takes to heal the wound
- Dead tissue also called necrotic tissue can trap bacteria, which may lead to wound infections and odor.
- Necrotic tissue can hide packets of pus which is also called abscesses. These abscesses can develop into a general infection.
- Infections can cause problems that will prevent the wound from healing. If these problems get worse the result maybe a life threatening illness or an amputation if the leg is involved.

IMPORTANT

Pain: Tell you healthcare provider if you have too much pain with debridement

What you can Expect:

- ❖ The provider to stop immediately if you tell them you are uncomfortable or experience significant pain at any time during the procedure
- ❖ An explanation of the procedure and associated risks
- ❖ To be placed in the most comfortable position to allow access to the wound while the procedure is accomplished
- ❖ The offer of pain killer before sharp debridement is performed

Call the center if you have any of the follow:

- ❖ Uncontrolled pain
- ❖ Bleeding that won't stop
- ❖ Severe burning sensation in the wound
- ❖ Any sign of infection

Types of Debridement:

Sharp Debridement: Sharp wound debridement is the most common type of debridement. Using a forceps to grip the dead tissue, the provider will cut it away bit by bit with a scalpel or scissors. They may use a curette instead to scrap the dead tissue off the wound bed. After you wound is sharp debrided, a dressing may be applied to help control the bleeding. Sharp debridement may be done on a weekly basis to keep the wound bed clean and to stimulate your wound to heal faster.

Autolytic Debridement: This is another common, but less effective method of debridement. Autolytic debridement is painless and takes advantage of the body's own ability to break down dead tissue by using moist wound dressings. It is very common that autolytic debridement will be used between your visits so that the doctor does not have to be as aggressive with a sharp debridement during your visit.

Enzymatic Debridement: Also known as chemical debridement, enzymatic debridement uses a prescription medication, which is applied to your wound, to break down the necrotic tissue. Enzymatic debridement makes use of enzymes and other compounds to dissolve dead tissue. It can also be used in combination with sharp debridement.

Mechanical Debridement: This includes the use of mechanical forces, such as whirlpool, pulse lavage, or saline wet to dry dressings, to remove the dead tissue. Mechanical debridement is the least common option but can be effective: however, it can also damage the healthy new tissue that has grown. This type of debridement is often avoided.

Biosurgical Debridement: Maggots may also be used as a form of debridement. These maggots are sterile maggots that are ordered in for placement on your wound. They are kept in the wound for approximately one to three days with a dressing. The maggots eat the dead tissue and bacteria, but do not harm the healthy living tissue.

These procedures may cause some pain, but they are generally well tolerated. Be sure to tell your provider if you experience too much pain with debridement so that they can take measures to make you more comfortable.

OUR GOAL IS TO KEEP YOU COMFORTABLE AS POSSIBLE AND TO HELP HEAL YOUR WOUNDS AS FAST AS POSSIBLE.