



How To Measure a Wound

PRODUCTS: Measuring a wound is an important step in any wound management program. It is a good way to monitor and track the improvement or deterioration of a wound. Puritan's foam wound measuring device is designed especially for this purpose, with its soft, foam-tipped end. It can be used to measure the depth of a wound with the least patient discomfort, and it is very easy to use for length and width measurements as well.

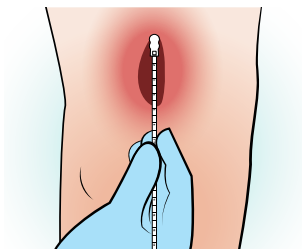
This guide demonstrates one method of measuring a wound, as part of a complete wound care plan.

SUGGESTED PURITAN SWABS FOR WOUND MEASUREMENT

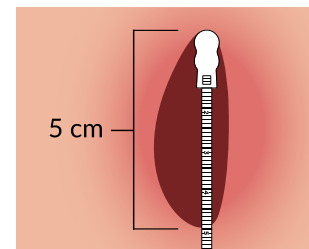
Foam	1506-PFB DM, 25-1506 1PF DM
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STEP 1

Measure the **length** of the wound. Length of the wound is determined to be parallel directionally with the patient's head to their toe.

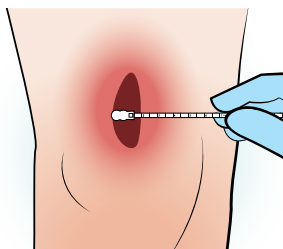


Measure at the **longest point**.



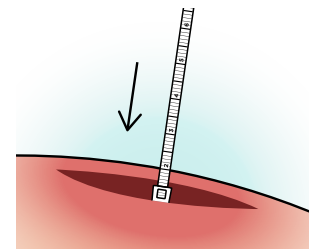
STEP 2

Next, measure the **width** of the wound from side-to-side at its widest point. This point should be perpendicular to the length directionally and form a "+" shape.



STEP 3

Measure the **depth** of the wound by inserting the foam tip into the deepest part of the wound.



STEP 4

To calculate the **overall surface area** of the wound, multiply the length and width together.

All measurements should be in centimeters. For instance, a wound that is 5 cm long x 2 cm wide has a surface area of 10 cm.



STEP 5

Record all measurements each time you measure so you can properly monitor and assess wound status.

This guide is for illustration purposes only. This information is not intended to be a substitute for professional, medical advice, diagnosis, or treatment. Please consult with a licensed medical professional and/or the test manufacturer's product insert for specific specimen collection and transport instructions. For the most accurate and up-to-date testing and treatment guidelines, refer to the Centers for Disease Control and Prevention ([CDC.gov](https://www.cdc.gov)) for more information.