
PREPARED BY AOR MEDICAL SOLUTIONS OF PUERTO RICO

How to Prepare for a Conversation About a Wound

Patients, families and caregivers

Estimated reading: 6 minutes

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This guide helps you organize information, questions and next steps before talking with your health professional about a wound. A prepared conversation makes better use of the visit and helps you leave with clear instructions.

Appointment details

Fill in these spaces on the printed version. Do not type sensitive information on the website.

Professional or team name:

Appointment date: _____

Appointment time: _____

Appointment place or format:

Person who will accompany the patient:

Before the appointment

- ☐ Prepare an updated medication list, including doses and who prescribed them.
- ☐ Write down known allergies.
- ☐ Describe the changes you have observed, in simple words.
- ☐ Note when those changes began and whether they have increased.
- ☐ Gather materials or instructions you received previously.
- ☐ Write the questions you want to ask, in order of importance.

My questions

Question 1: _____

Question 2: _____

Question 3: _____

During the conversation

- Say what worries you most first.
- Ask to have any unclear instruction repeated.
- Ask who your point of contact will be if something changes.

- Ask which signs to watch for and whom to notify.
- Do not change treatments, dressings or medications without your professional's instruction.

Agreed next steps

Next step and person responsible:

Next step and person responsible:

Follow-up date: _____

Treating team phone number:

Another important phone number:

This educational resource is under continuous review. Always follow the instructions of your health professional.

This material is provided solely for educational and informational purposes. It does not constitute diagnosis, treatment or medical advice and does not replace evaluation by a licensed healthcare professional. The physician and treating team remain responsible for clinical decisions. AOR Medical Solutions of Puerto Rico supports education, coordination, technology and continuity of care.

Do not submit photographs, medical records or sensitive medical information through this website. If you are experiencing a medical emergency, call 911.

Technology with purpose. Coordination with responsibility. Care with humanity.

Web version of this guide:

<https://aormedicalpr.com/educacion/guias/preparar-conversacion>