



Skin & Wound Monitoring Checklist

What to track, and when it's time to see a doctor.

Not every redness or small wound needs an immediate trip to the doctor — but some do. This page helps you watch how a lesion evolves, rather than guess.



Track it objectively

- Photograph the area with a ruler for scale
- Repeat the photo every 4–6 hours
- Monitor body temperature
- Note how the pain evolves
- Watch for spreading redness



Early signs to never ignore

- Unusual local warmth
- Spreading redness
- Pain out of proportion to the wound
- Swelling
- A sense it “isn't healing normally”



See a doctor without delay if you notice:

- Fever
- Rapidly spreading redness
- Significant pain
- Red streaking moving up a limb
- Swollen lymph nodes
- Worsening despite home care
- A decline in overall condition

This page is a monitoring aid, not a diagnosis — when in doubt, a doctor's evaluation is always the safer choice.