Wound Care

Using mPOWEr as a wound diary to monitor your progress after surgery. As you enter information and photographs into mPOWEr, follow your doctor's instructions in terms of caring for your wound and managing pain.

If you have an urgent concern about your wound, please call the clinic immediately.

⚠️

If you're concerned about your wound, contact the clinic:

During business hours:
(206) 598-4477

After hours/weekend urgent questions:
(206) 598-6190 and ask for the "resident on call" for your surgeon.

For mPOWEr app help, email:
mpowerit@uw.edu

FAQ

? **What if I forgot my username and/or password?**
Use the "Login help" link on the home screen to reset your password.

? **Why does my survey start in the middle sometimes?**
The last time you started the survey, it was not finished. Either cancel your session, or continue your last survey before starting a new one.
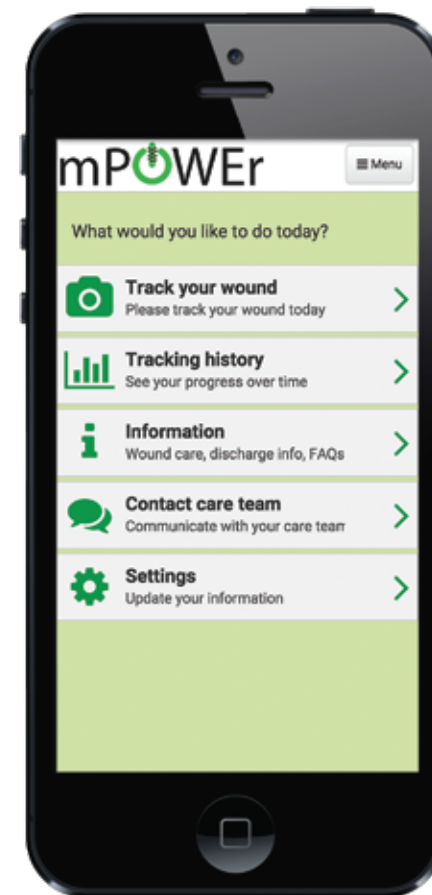
? **What if I am asked to send more photos to my provider?**
Simply return to the home screen and "Track your wound" again. From there, you can add more photos.

? **Where is my information stored?**
After you click "send," your responses and photos are transmitted to a secure server at UW Medicine. Only the providers caring for you and mPOWEr staff will access your data.

mPOWEr

≡ Menu

What would you like to do today?

📷 **Track your wound**
Please track your wound today >

📊 **Tracking history**
See your progress over time >

ℹ️ **Information**
Wound care, discharge info, FAQs >

💬 **Contact care team**
Communicate with your care team >

⚙️ **Settings**
Update your information >

Mobile Post-Operative Wound Evaluator

The revolutionary tool that securely sends wound photos to your surgical care team.

mpower.uwmedicine.org

UW Center for Reconstructive Surgery

Plastics version 201510

Getting An Account

Staff Sets up Your Account

Most patients will have their account created by clinic staff.

1. The staff will then send an email with a link to finish setting up your account.

2. You'll be asked to confirm your identity and then choose a username and password.

Create Your Own Account

If your account was not set up in the clinic, you can also create your own account at home.

1. Go to http://mpower.uwmedicine.org and tap the "Sign Up for mPOWEr" button.

2. You'll be asked to enter your name and other details and then choose a username and password.

Using mPOWEr

Please use mPOWEr at least once per day for the first 2 weeks after surgery, or until your 1st after-surgery clinic visit. Your surgery team may give you more specific instructions on when to use mPOWEr.

Any time you want to access mPOWEr, just login from your phone, tablet or computer: http://mpower.uwmedicine.org

Tracking Your Wound

1. Before we start tracking your wound, we will ask you about your surgery date. This question will be asked each time you login until confirmation.

> **Have you had your surgery yet?**
>
> **Yes, I already had surgery**
> My surgery has already taken place ›
>
> **My surgery is today** ›
>
> **No, not yet**
> It hasn't happened yet or isn't scheduled ›

2. Every day while you are recovering, please track your wound by taking photos and answering questions about your symptoms.

> 📷 **Track your wound**
> Please track your wound today ›

Notes For Patient

Uploading A Photo

Click "Take a Photo." If your device has multiple cameras, decide which best suits your needs.

Photo Tips

✓ Take one photo showing the entire wound. Then take close-ups of any area(s) of concern. See examples below.

Entire Wound   Close-up

✓ Use bright (ideally natural) lighting, such as near a window.

✓ For photos of the entire wound, take at a minimum of 6-8 inches away from the wound. Adjust and retake photos as needed.

✓ Each time you take a picture of your wound, lay a ruler next to it (as seen in the examples above) for a point of reference. No ruler? Use a finger.