

How Wounds Heal

Nursing

Four overlapping phases, their timescales, and what stalls a wound in each.

Phases overlap rather than following one another cleanly.

Phase	Roughly	What can stall it
Haemostasis	Minutes	Anticoagulation, clotting disorder
Inflammation	Days 0–4	Infection, foreign body, steroids
Proliferation	Days 3–21	Poor perfusion, protein deficit
Maturation	Weeks to years	Tension, repeated injury

Educational reference. Timescales are approximate and scar strength never fully returns. Local tissue viability guidance governs care.