

VIP ROOM

V= vascular

Formation of a fibrin plug

I= inflammatory

First 72hours= neutrophils, 3+ days= macrophages, 6+ days=lymphocytes, fibronectin is key to wound healing

P= proliferative

Re-epithelialization

R= remodeling and contraction

Contraction greatest at days 5-15, 70% tensile strength at 8 weeks

This mnemonic helps you remember the stages of wound healing: vascular phase (immediate), inflammatory phase (6h-10 days), proliferative phase (24hrs-14 days), wound contraction and remodeling (10days-1 year).