

Removing The Old Dressing

- Wash your hands thoroughly with soap and warm water before and after each dressing change.
- Put on a pair of non-sterile gloves.
- Carefully remove the tape.
- Remove the old dressing. If it is sticking to your skin, wet it with warm water to loosen it.
- Remove the gauze pads or packing tape from inside your wound.
- Put the old dressing, packing material, and your gloves in a plastic bag. Set the bag aside

Cleaning The Wound

- Put on a new pair of non-sterile gloves.
- Use a clean, soft washcloth to gently clean your wound with warm water and soap. Your wound should not bleed much when you are cleaning it. A small amount of blood is okay.
- Rinse your wound with water. Gently pat it dry with a clean towel. Do not rub it dry. In some cases, you can even rinse the wound while showering.
- Check the wound for increased redness or swelling or a bad odor.
- Pay attention to the color and amount of drainage from your wound. Look for drainage that has become darker or thicker.
- After cleaning your wound, remove your gloves and put them in the plastic bag with the old dressing and gloves.
- Wash your hands again.

Changing New Dressing

- Put on a new pair of non-sterile gloves.
- Cleanse wound with Saline Wound Wash spray, pat dry with a clean 4x4 gauze.
- Cut a piece of rolled gauze OR packing tape to the appropriate length and spray Saline Wound Wash to soak the rolled gauze. Squeeze the excess saline from the rolled gauze or packing tape until it is no longer dripping.
- Place the rolled gauze or packing tape in your wound. Carefully fill in the wound and any spaces under the skin. You may find it helpful to use a Q-tip to aid in packing the dressing into the wound. Do your best to keep the wet gauze or packing tape from touching any healed skin.
- Cover the wet gauze or packing tape with a large dry dressing pad. Use tape or rolled gauze to hold this dressing in place.
- Put all used supplies in the plastic bag. Close it securely, then put it in a second plastic bag, and close that bag securely. Put it in the trash.
- Wash your hands again when you are finished.

Dressing Supplies You Will Need

- Telfa non-adherent dressing (to place over the gauze packing)
- Rolled Gauze (choose size appropriate for wound) OR wound packing tape (this is used to pack the wound)
- 4x4 gauze pads (this is used to place over packing and Telfa if wound oozes)
- Paper Tape
- Saline Wound Wash (found in most drug stores OTC)
- Gloves
- Cotton Tip Applicators (Q-Tips)

When To Call The Office

IMPORTANT- Call the office (214-823-1691) for any increased redness, swelling, foul-smelling wound drainage, more pain, bleeding, wound is larger or deeper, the wound looks dried out or dark, the drainage increases or does not decrease after 3-5 days, drainage becomes thick/tan/yellow, or temperature >100.4.
Do not hesitate to call for any other questions or concerns.