

A Guide To Wound Dressing



Dressing Your Wound

Healthy skin is a natural barrier to prevent infection. A break in your skin makes it possible for germs to enter your body and cause infection. Covering your wound will help to keep it clean and prevent infection.

Changing Your Dressing

Your wound care nurse will show you how to properly care for your wound, including dressing changes.

1. Gather the supplies you will need for your dressing change:
 - Wound Cleanser
 - Dressing
 - Trash Bag
 - Tape
 - Hand Washing Supplies
 - Disposable Gloves
2. Wash your hands with soap and water before and after dressing changes.
3. Wear gloves during dressing care.
4. Carefully remove your dressing. Place old dressing in a small sealable bag before disposal.
5. Clean your wound.
6. Look at your wound carefully. Notice any foul odors, change in color or amount of drainage, redness or swelling around the wound or spreading away from the wound. Report any of these to your physician.
7. Put on a new dressing as directed by your wound care physician.



When To Change Your Dressing

- When the dressing gets dirty or wet
- As directed by the wound center staff

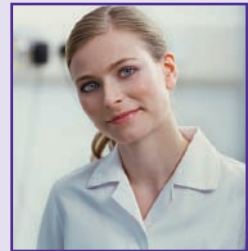


Helping Your Wound To Heal

1. Keep the outside of your dressing clean and dry. If it becomes soiled or wet, change it as soon as possible.
2. Keep your body clean. Bathe daily with soap and water. Do dressing changes after each bath or shower.
3. Eat a well balanced diet to help your body heal. Follow special dietary or fluid restrictions that your doctor has ordered.
4. Carefully examine your wound every time you remove your dressing. Immediately report any changes to your physician.

You Should Call Your Physician Immediately If You Experience:

- Increased pain at the wound site
- Redness or swelling around the wound or spreading away from the wound
- Foul odor coming from the wound
- Change in color or amount of drainage from the wound
- Fever and chills
- Nausea or vomiting



Any wound that has not started to heal in two weeks or completely healed in six weeks may benefit from a specialized wound healing center. Ask your regular physician if a referral to a wound healing center might be the right option for you.