

How to Change Your Dressing



Change your dressing:

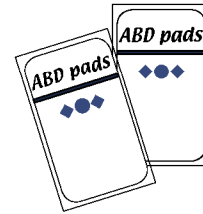
- _____ once a day
- _____ two times a day
- _____ three times a day.

1. Wash your hands with soap and water.
Dry your hands with a clean towel.



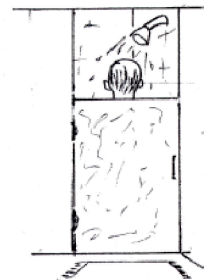
2. Get all your supplies together. You will need:

- _____ normal saline
- _____ antibiotic ointment
- _____ gloves
- _____ 4 by 4 gauze
- _____ fine mesh gauze
- _____ Kling
- _____ tape
- _____ ABD pads
- _____ plastic bags
- _____ other _____



3. If you need pain medicine before your dressing change, take it
30 minutes before you start the dressing change.

4. Take your shower before you do the first dressing change of the day.



5. Take off the old dressing. Put it in a plastic bag.
Wash your hands. If someone helped you take off
your old dressing they should wash their hands, too.



6. Open the supplies in front of you:

- Take the cap off the saline, if you are using saline.
- Open the gauze. Keep it lying on the inside of the package.



7. Put on your gloves, if needed.



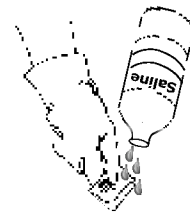
(over)

8. Clean your wound as you were shown by your health care provider.
If you have been told to keep your wound dry follow those instructions.



9. Your health care provider will check off what you should do:

_____ Pick up the gauze. With the other hand, pour the **saline** over the gauze. Squeeze out the extra saline.



_____ Put antibiotic ointment or other medicine on your wound if you have been told to.

_____ Put **saline soaked gauze** only in your wound, not on the skin around it



_____ **Pack** your wound loosely, as your health care provider taught you.

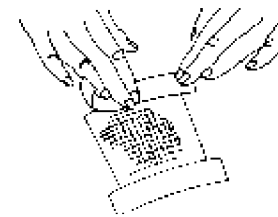
_____ Put **dry gauze** on your wound



_____ Put ABD pads over the dry gauze if your dressings soak through.

10. Take your gloves off. Put them in the plastic bag with the old dressing.

_____ **Tape the dressing in place** so it will not fall off.
Do not wrap the tape completely around your arm or leg.



_____ **Wrap the dressing** with Kling, if you have been told to.

11. Tie the plastic bag shut and put it in the trash. Wash your hands again.

12. Keep this dressing clean and dry until your next dressing change.

Call your health care provider if:



- The skin around your wound has a red rash that feels itchy and like it is burning.
- You see black or yellow flesh in your wound that was not there before.
- You have nausea (feel sick to your stomach), vomiting, and feel very tired.

Come to the Emergency Room if:

- Your wound looks red.
- Your wound feels more tender or sore.
- You see pus (green or yellow liquid) in the wound.
- The wound has a bad smell.
- You have a fever over 101° Fahrenheit (38° Celsius).

