

GENERAL GUIDELINES FOR WOUND CARE

Consideration before you start

1. Wash hands and procure all of your wound supplies before you begin. If applicable, wear non-sterile gloves (latex or vinyl).
2. Have a trash bag or trash can near by to discard the wound dressings. Do not leave the dressings open to the air as insects may feed on wound debris and create health hazards.
3. In some instances, your physician or practitioner may prescribe pain medication. The medication should be taken as directed and in most cases at least 30 minutes prior to the dressing change.

Removal of Existing Dressing

1. Gently push skin away from adhesive tape. This avoids skin tears and skin erosion.
2. If the wound is dressed with gauze, unwind gauze or use an appropriate bandage scissor. Bandage scissors have blunted ends. Do not use house scissors.
3. Carefully pull the dressing away from the wound bed. In some cases the dressing may become fused to the wound bed. If this is the case, spray the dressing with normal saline solution or wound cleanser. Do not rip dressing from the wound bed as this may impede the wound healing process and be painful.
4. Gently spray the wound with an appropriate cleanser or normal saline solution. Keep the spray contained to the wound bed.
5. Gently in a swirling manner, clean the wound with non-sterile or sterile gauze. Ensure the skin around the wound is dry and clean. Do not pull at structures or tissues.

Applying a new wound dressing

1. If an ointment, cream or gel is to be applied to the wound bed, remember to keep the substance contained to the wound bed only. That which comes in contact with the wound bed is considered the “primary dressing”. The purpose of the primary dressing may be to manage; moisture, dryness, infection, pain control or removal of non viable tissue. Dressings that are dispensed by a tube, should not be applied directly to the wound bed as this may promote infection control issues.
2. Too much product or not enough can impede the wound healing process. Generally speaking it is recommended to apply enough to keep the wound from drying out and not too much to prevent excessive moisture.
3. After the Primary dressing is applied, the “secondary dressing” is used to cover the primary dressing. The secondary dressing protects the primary dressing and secures the primary dressing. It is important not to create a bulky dressing as this may become a focal point for pressure and exacerbate the wound condition.

4. If a kling gauze or elastic wrap are used to cover the primary dressing, ensure that the dressing is not too tight as this may impede the circulation and or casue additional wound issues.

For More Information regarding the care of wounds consult your Physician or Practitioner.