

General Wound Care Instructions

In the course of your treatment it has been necessary to use an OPEN WOUND METHOD to allow your wound to close. Usually, wounds managed in this way will heal without complication.

You will need:

Hydrogen Peroxide
Sterile Saline
Sterile Cotton Swab Applicators
Gauze Rolls

Instructions:

I. Wet to Dry Dressings

1. Your dressing should be changed 2 times daily.
2. Start by removing the old dressing. The gauze sponge should be removed “as is”. Do not wet the gauze prior to removing.
3. Cleanse the wound with ¼ strength hydrogen peroxide. (3 parts saline 1 part peroxide.)
4. Pack the wound to the base with the gauze sponge soaked in saline. The wound should be packed using a sterile cotton tip applicator. Cover with dry gauze.
5. You may have been given a prescription for antibiotics. Please take the antibiotics as prescribed unless you have a problem with the medication. If you do have a problem with the medication, please call our office for additional instructions.

II. Xeroform Dressings

1. We recommend that the wound be cleaned 2 times daily.
2. Remove dressing without soaking in water.
3. Cleanse the wound with an antibacterial soap and water.
4. Pat wound with clean dry towel and let wound “air dry” for 15-20 minutes.
5. Apply xeroform to wound
6. Cover with dry gauze. You may apply tape or a wrap as necessary. Remember that all wraps should be comfortable. If you believe your wrap is too tight, loosen it. Tape can irritate your skin locally.

Please call our office if you notice any one of the following:

- ❖ Fever
- ❖ Increasing Redness
- ❖ Change in the amount or drainage or odor of the drainage

❖ If you experience significant increase in pain.