

This information and other health topics can be found at....

DoctorDoug.com

WOUNDS:

Treating an open wound properly is very important in preventing infection and speeding the healing process. There are various types of wounds that develop due to trauma, injury, or surgery and thus there are various treatment approaches to take.

It is impossible to tell you which dressing is most appropriate for your injury, but this is a list of various dressings that you can use to help heal a wound. You will likely need an evaluation to know which dressing(s) to use, but it is helpful to have a list of needed supplies. Below are the various dressings we provide in the office for wounds.

In particular, shin wounds are slow to heal and a difficult issue as we get older, so dressing it right is key to proper healing.

You do not need sterile technique. Just wash your hands with soap and water before and after doing the dressing. Gloves are optional.

Wet to Dry Dressing:

Materials Required:

- Gauze Pads (2x2 or 4x4)
- Sterile Saline (can use contact lens solution if sterile saline not available)
- Cling Wrap or Kerlix Wrap
- Paper Tape

INSTRUCTIONS:

1. SOAK 2 X 2 GAUZE PAD WITH NORMAL SALINE AND WRING OUT
2. APPLY MOIST GAUZE DIRECTLY TO WOUND
3. COVER MOIST GAUZE WITH DRY 2X2 GAUZE
4. WRAP WITH CLING OR KERLIX
5. TAPE CLOSED

CHANGE DRESSING IN THE MORNING AND THE EVENING