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## **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.

## **Debriding Dressing:**

### Materials Required:

- Sulfamylon Cream (Available from Sun Drugs... 10810 E Via Linda # 104 Scottsdale, AZ (480) 860-6866)
- **Or**
- Bactroban Cream ....prescription
- Gauze Pads (2x2 or 4x4)
- Coban Wrap

## **INSTRUCTIONS:**

1. Apply Antibiotic Cream (not an ointment!!)
2. Cover with Gauze Pad
3. Wrap with Coban Tape

CHANGE DRESSING ONCE A DAY