

Changing your wound dressing

It's important to keep your wound clean and prevent infection to speed the healing process. Your wound needs to be kept covered with a clean bandage or dressing that is changed _____ .
(frequency)

Supplies – store these in a clean, dry place:

_____	_____
_____	_____
_____	_____
_____	_____

How to change your dressing

Gather all of the supplies before you start, including a plastic bag to dispose of the old dressing.

1. Wash your hands with soap and water.
2. Remove the old bandage and throw it away.
3. Wash your hands again with soap and water.
4. Check the wound for signs of infection, such as redness or swelling.
5. Clean the wound with _____. Gently wipe from the center of the wound outward, and then put the gauze into the plastic bag.
6. Dry area gently.
7. Put _____ directly on the wound. Touch only the corners of a dressing as you center it over the wound.
8. Optional: Place _____ over the wound.
9. Optional: Keep it closed with _____.

Call your doctor or nurse at _____ if you have any of the following symptoms:

- More tenderness or pain in the area of the wound.
- Redness around the wound.
- Swelling that gets worse.
- Bad smell coming from the wound.
- Pain that doesn't get better with pain medicine.
- More drainage coming from the wound.
- Fever with a temperature of 101°F or higher.