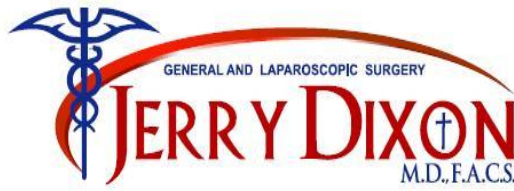


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WOUND PACKING AND DRESSING CHANGE INSTRUCTIONS

Every day remove the outer bandage and packing from your wound. You will shower with the wound undressed. Let the water run directly into the wound. Please do not use soap or peroxide in the wound. Towel off and prepare to dress the wound. Have someone help you with the dressing changes. Both of you will need to watch for changes in the appearance of the wound and surrounding tissue. If there are any changes, please notify the office.

How to pack or wick the wound: While wearing gloves, have someone pack the wound with gauze using a cotton tipped applicator. Do not pack the wound tightly. Just fill in the wound so each wall is covered with gauze. Draining wounds are most often packed with dry gauze. If saline or another product is recommended, your doctor will inform you. Do not apply frayed or open-ended material into the wound. Foreign material may prolong or prevent healing. Apply an extra piece of gauze and tape of your choice over the wound packing to secure your dressing.

How often to change dressings: Most dressing changes are performed twice a day unless directed otherwise. You may change it more often if it becomes soiled.

How long to pack: You should pack the wound until it is completely filled in with nothing left to pack.

Please feel free to call the office at 778-3361 for any questions or concerns. The nurse will be happy to assist you or your family member with the proper way to change your dressing.