



Prevent Infection and Keep The Dressing Clean

- Wash your hands before and after removing the dressing or touching the wound. Good hand-washing is very important to prevent infection. Wash with soap and water or use a hand sanitizer.
- Keep a clean dressing on the wound. Do not leave an area open to air unless directed by your health care professional.
- Keep dressing supplies in a clean, dry area, off the floor.
- Do not store dressing supplies next to harmful chemicals or cleaning solutions.
- Discard all used dressing materials promptly. Plastic bags are an inexpensive way to dispose of used dressings. The plastic bag can be placed in a waste container when the dressing change is completed.



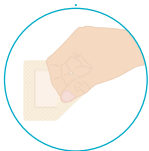
Notify The Nurse/ or Healthcare Provider

- If you see the following changes in the wound:
 - Increased odor or change in odor (especially after cleaning the wound)
 - Increased wound drainage
 - Increased bleeding from the wound
 - New redness or swelling around the wound
- If the person:
 - Has a fever greater than 100 degrees Fahrenheit
 - Is not feeling well, or has achiness or flu like symptoms
 - Has itching, blistering, new redness in or around the wound



If You Are Helping a Family Member With a Dressing Change

- Always explain what you are about to do, even if you do not think they can hear you.
- Place your family member in a comfortable position that easily allows you to see the wound.
- Remember to cover your family member for privacy and comfort during the dressing change.



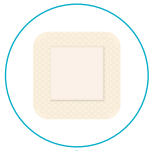
Remove the Dressing

- Wash your hands prior to changing the dressing.
- Use gloves as recommended during the dressing change.
- Gently lift the edges of the tape or dressing. If the tape or dressing is difficult to remove, use an adhesive tape remover pad or gauze moistened with water or wound cleanser to help loosen the adhesive.
- When lifting the tape, avoid pulling the tape away from the skin.
- Remove the dressing. Discard the used dressing in a plastic bag or appropriate waste container.
- Rewash or use a hand sanitizer after handling the used dressing.

[Turn over for more information ►](#)

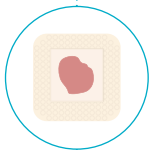
WOUND CARE

Tips For Dressing Changes When Using DermaRite Products



Apply a New Dressing

- Follow all instructions given by the nurse or healthcare provider for the dressing change.
- Wash your hands prior to changing the dressing.
- Use gloves as recommended during the dressing change.
- Cleanse the wound as directed. Apply any topical ointments as instructed by the nurse or healthcare provider. Use caution to avoid contamination of the tube. Ointment tubes or containers should not come in direct contact with the wound or items that have touched the wound.
- Reapply the new dressing as instructed. Refer to the DermaRite dressing package for application instructions.
- Wash your hands when you are finished.



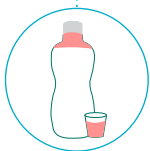
When To Change The Dressing

- Anytime the dressing becomes soiled, especially if the wound is in an area where it can be contaminated with urine or feces
- If the tape no longer securely seals the dressing
- If there is drainage visible through the dressing or leaking out of it.
- As instructed by your nurse or healthcare provider



Bathing With a Dressing

- You may be instructed to keep your dressing dry at all times. Ask your nurse or healthcare provider for instruction on bathing.
- Waterproof dressings may permit showering while wearing a dressing. Always use caution to avoid getting the dressing wet, even if the dressing is waterproof.



Nutrition for wound healing

- Maintain a well balanced diet
- Drink plenty of fluids
- Follow instructions from your nurse or healthcare provider related to additional protein intake or vitamin supplements