

## Wound Care

Keeping a clean and dry dressing on wounds promotes healing and keeps the patient comfortable. The goal of wound cleaning is to remove debris and contaminants that could damage healthy tissue.

If the patient's dressing falls off or becomes loose, it needs to be replaced. Please follow the steps below to change a dressing.

### 1. Prepare Work Space:

- Wash hands.
- Clean work area and place a clean towel on it for supplies.
- Gather supplies:
  - Non-sterile gloves (bring 3 pairs)
  - Gauze sponges
  - Wound cleanser
  - New dressing
  - Plastic trash bag
  - Medical tape
  - Skin prep

### 2. Remove Wound Dressing:

- Wash hands again.
- Put on gloves.
- Slowly lift edge of the dressing.
- Gently lift the dressing. Spray wound cleanser if dressing sticks to skin.

### 3. Clean the Wound:

- Wash hands again and apply a new pair of gloves.
- Wet a gauze sponge with wound cleanser and dab the wound in circles, starting at the center and moving outward.
- Repeat cleansing with a new gauze sponge as described above.
- Pat wound dry with a new, dry gauze sponge.
- Assess for signs of infection – redness, pain, heat, odor, swelling, pus, drainage, fever, chills.

### 4. Apply New Dressing:

- Wash hands again and apply a new pair of gloves.
- Open the dressing package, touching only the corners of the dressing.
- Open skin prep package and swab edges of the wound. Allow to dry.
- Carefully center the dressing over the wound and gently press down to secure in place.

### 5. Clean-up:

- Place soiled dressing into plastic trash bag and place in garbage receptacle.
- Wash hands.

**Call Empath Health if you suspect any signs of infection or for any wound that requires packing or extensive wound care (888) 855-2838: \_\_\_\_\_**

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