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WET-TO-DRY DRESSING CHANGES

YOUR PODIATRIST HAS COVERED YOUR WOUND WITH A WET-TO-DRY DRESSING. WITH THIS TYPE OF DRESSING, WET (OR MOIST) GAUZE DRESSING IS PUT ON YOUR WOUND AND ALLOWED TO DRY. WOUND DRAINAGE AND DEAD TISSUE CAN BE REMOVED WHEN YOU TAKE OFF THE OLD DRESSING.

REMOVING THE OLD DRESSING:

Follow these steps to remove your dressing:

- Wash your hands thoroughly with soap and warm water before and after each dressing change.
- Put on a pair of non-sterile gloves.
- Carefully remove the tape.
- Remove the old dressing. If it is sticking to your skin, wet it with saline water to loosen it.
- Remove the gauze pads from inside your wound.

CHANGING YOUR DRESSING:

Follow these steps to put a new dressing on:

- Put on a new pair of non-sterile gloves.
- Open sterile gauze pad package; carefully pour a small amount of saline into package.
- Squeeze the saline from the gauze pads until it is no longer dripping.
- Place the gauze pads in your wound. Carefully fill in the wound and any spaces under the skin.
- Cover the wet gauze with a large dry dressing pad. Use rolled gauze to hold this dressing in place. Tape down to secure dressing.
- Wash your hands again when you are finished.