

Directions to Change a Dressing

1. **Wash hands with soap and water or use hand sanitizer.**
2. **Prepare your supplies.** Set out supplies on a clean paper towels.
 - a. Supplies include:
 - Clean paper towels
 - Three pairs of clean gloves
 - 4x4 gauze pads
 - Tape or transparent dressing
 - Skin prep
 - Cleansing product ordered by your doctor: saline, wound cleanser, or soap and water
 - Primary dressing ordered by your doctor (ointment, cream, gel, alginate)
 - b. Keep the supplies together in a clean, safe place. Do not keep them on the floor.
3. **Wash your hands with soap and water again or use a hand sanitizer.** Put on clean gloves. Gently remove the old dressing. Throw it away in a plastic bag.
4. **Remove your gloves. Wash your hands or use the hand sanitizer.** Put on clean gloves.
5. **Cleanse the wound as your doctor ordered.** This may be with saline, wound cleanser, or soap and water.
 - a. Discard the solution following manufacturer guidelines.
6. **Examine the wound.** Look at the color, the amount and odor of the drainage, and the size.
 - a. Report to your **nurse** if there is:
 - i. Increased drainage
 - ii. Change in the color of drainage – brown, yellow, tan
 - iii. Odor or change in odor, especially odor after cleansing
 - b. Report to your **doctor** if there is:
 - i. Increased pain
 - ii. Temperature 101° and above
 - iii. Excessive bleeding
 - iv. Additional redness around the wound
 - c. If you feel you are having a medical emergency, call 911.
7. **Remove your gloves; wash your hands or use hand sanitizer.** Put on a pair of clean gloves.
8. **Apply the skin prep or protectant** that was ordered by your doctor.
 - a. This could be a special dressing, normal saline, wet-to-dry gauze, ointment, gel or alginate. Apply whatever wound treatment your doctor ordered.
9. **Apply the secondary dressing** (gauze) as a top dressing for protection. This could be a transparent dressing. Use what your doctor ordered for you.
10. **Tape the dressing in place as needed.**
11. **Remove gloves. Wash your hands or use hand sanitizer.**