

HEALERS' NOTES

Changing your dressing

1. **Gather** the supplies you will need for your dressing change
 - Wound cleanser
 - Trash bag
 - Hand washing supplies
 - Dressing
 - Tape
2. **Wash** your hands with soap and water.
3. **Remove** your dressing carefully. Throw away the old dressing. Try to keep the wound clean.
4. **Look** at your wound carefully. Look for any foul odors; change in color or amount of drainage; redness or swelling around the wound; or spreading away from the wound.
5. **Wash** your hands with soap and water (*again!*) after looking at the wound.
6. **Clean** your wound.
7. **Put** on a new dressing.
8. **Wash** your hands one last time with soap and water.

Helping your wound to heal

1. **Keep the outside of your dressing clean and dry.** If it becomes soiled or wet, change it as soon as possible.
2. **Keep your body clean.** Bathe daily with soap and water. Change your dressing after your bath or shower.
3. **Eat a well-balanced diet.** Follow special dietary or fluid restrictions that your doctor has discussed.
4. **Examine your wound carefully every time you remove your dressing.** Immediately report any changes to your Wound Healing Center staff.

