



0400002

PLACE LABEL HERE.  
  
IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

**NORMAL SALINE DRESSINGS INSTRUCTIONS**

Normal saline or “salt-water” is used to moisten gauze before placing it in your wound:

- “Wet-to-Dry”** dressings are allowed to dry; dead tissue and drainage stick to the gauze and are removed when the dressings are changed.
- “Wet-to-Wet” or “wet-to-moist”** dressings maintain a moist environment to promote healing.

**To make normal saline:** add 1 tsp of salt to a quart of water and boil it slowly for 10 minutes; let the solution cool, then pour it into a clean container; prepare a new solution daily.

**Change your dressing \_\_\_\_\_ times(s) per day.**

**HOW TO CHANGE YOUR DRESSING:**

1. Wash your hands with soap and water.
2. Remove the old dressing including *all* of the packing and throw it away.
3. Clean your wound with water or normal saline and pat dry. **Do not** use hydrogen peroxide since it can damage healthy tissue.
4. Pour saline onto gauze, squeeze it out so it is not dripping wet, and place it in your wound.
  - Large wounds:** use a roll of gauze, not separate pieces of gauze, to loosely pack wounds including areas of “undermining” (open spaces under the skin) and tunneling.
  - Shallow wounds:** open and “fluff out” the wet gauze pad(s) and place in your wound.
  - Wounds with a small opening:** use plain gauze packing strip like NuGauze and a Q-tip to *loosely* pack the wound. Leave a short “tail” on the outside to allow for easy removal.
5. Cover with dry gauze and secure with gauze roll and/or tape.
6. Wash your hands again.

**WHAT YOU SHOULD REPORT TO YOUR HEALTH CARE PROFESSIONAL:**

- Skin around wound becomes red, swollen, or feels hot
- Pus or foul-smelling drainage
- Increased pain or tenderness
- Fever higher than 101° F and/or chills
- Any other problems of concern to you

**TO REACH YOUR HEALTH CARE PROFESSIONAL:**

**During normal office hours** 8:00 AM to 4:30 PM Monday-Friday, call:

Plastic Surgery Clinic	434-924-5078	Chronic Wound Care Clinic	434-982-2922
Nurses’ line	434-982-3736	Toll-free number for patients	800-251-3627

**After office hours,** call 434-924-0000 and ask the operator to page the **Plastic Surgery Resident on call.**

**ADDITIONAL INSTRUCTIONS:** \_\_\_\_\_

I have been given and understand the above information \_\_\_\_\_  
(PATIENT/RESPONSIBLE ADULT SIGNATURE)

Reviewed by \_\_\_\_\_ Title/PIC \_\_\_\_\_ Date \_\_\_\_\_  
(CLINICIAN NAME/SIGNATURE)