



0400002

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

**WOUND GELS INSTRUCTIONS**

Wound gels (hydrogels) provide a moist environment to help promote healing and to aid in removing dead tissue from wounds. There are several brand names of wound gels available; check with your physician, nurse, or pharmacist for recommendations.

**Change your dressing \_\_\_\_\_ times(s) per day and as needed if it becomes wet or soiled.**

**HOW TO CHANGE YOUR DRESSING:**

1. Wash your hands with soap and water.
2. Remove the old dressing 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. Apply wound gel directly to your wound, approximately 1/4" thick. Avoid placing the wound gel on the surrounding healed, intact skin; apply a moisturizer to these areas instead. (Note: these gels may turn yellowish-brown in color; this will not change their effectiveness.)
5. Cover wound 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
- Rash, itching, or skin irritation
- 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)