



## PLURONIC DRESSINGS INSTRUCTIONS

Pluronic is a water soluble antimicrobial cream containing Polymyxin, Nitrofurantoin, and Nystatin. It can be obtained by prescription only from the UVA Pharmacy. "Pluronic" dressings are used to decrease the bacterial and fungal growth in your wound while providing a moist environment to help promote healing.

- Store Pluronic at room temperature; it may become "runny" if it is kept in a cold place.

**Change your dressing \_\_\_\_\_ time(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.
4. Prepare the Pluronic dressing and place it as indicated below:
  - "Adaptic" dressing:** spread a thin layer of Pluronic on Adaptic or another non-adherent, wide-weave gauze and place it on the wound; trim the edges as needed.
  - Gauze dressing:** spread a thin layer of Pluronic onto gauze and place it in your wound. Use a roll of gauze, not separate pieces of gauze, to loosely pack larger wounds and tunnels.
  - NuGauze or other plain gauze packing:** cut the length needed, spread Pluronic onto it, and 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