



## 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 \_\_\_\_\_ time(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