

How to Apply a New Dressing

Supplies: island dressings you got from the hospital at discharge. Wound dressing pads (4x4) and tape work as well. These items can be found at your local pharmacy.



Step 1:

Always wash your hands with soap and water or hand sanitizer before and after each dressing change. If you have a splint, keep it clean, dry, and in place until you have an orthopedic follow-up appointment.



Step 2:

Two days after surgery, it is okay to remove the ace wrap and all of the dressings, **except for the steri-strips**, from the operating

room. You may also remove the yellow strip right over the incision.



Step 3:

After the original dressing is removed, place a new dry dressing over the surgical incision/wound and change it every day with a new dry dressing. Please be sure and **avoid** placing any tape directly on the steri-strips, if you have them. **Once the incision/wound is completely dry and there is no drainage, the dressing is optional. If drainage**

persists 4-5 days after surgery, please follow the instructions for applying a Pressure Dressing with Betadine paint on the next side.

SHOWERING WITH YOUR INCISION/WOUND:

You may shower if the incision/wound is no longer draining and the skin edges look completely sealed.

- Don't soak the incision/wound in the water. Let soapy water run over the incision/wound, rinse it, then pat it dry gently.
- **Do not put any ointments, creams or lotions on the incision/wound.**

SURGICAL SUTURES OR STAPLES:

Usually, surgical sutures or staples should come out about 2-3 weeks after your surgery. If you don't have an appointment and your sutures or staples are still in after 2-3 weeks, please call the office. If you are at a facility, it is possible to have them removed there. Please call our office so that appropriate orders can be relayed to your facility.

How to Apply a Pressure Dressing with Betadine Paint

Supplies: tape, ABD pad, and Betadine swab. These items can be found at your local pharmacy.



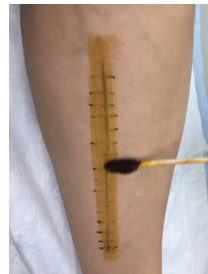
Step 1:

Always wash your hands with soap and water or hand sanitizer before and after each dressing change.



Step 2:

Remove all of the dressings, including the yellow strip right over the incision.



Step 3:

If you are allergic to Betadine/Iodine, skip step 3 and go to step 4.

Using the Betadine sticks, paint a light coat of Betadine right on the surgical incision. Let the Betadine completely dry.

Step 4:

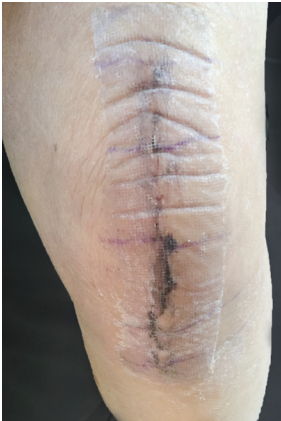


Roll up an ABD pad and place it right over the incision/wound. Make sure the white side (NOT the side with the blue strip) is facing the wound. This will give some additional pressure to the incision/wound and hopefully help slow the drainage. Make sure to cover the entire ABD pad with tape and pressure, but be sure and **avoid** placing any tape directly on the steri-strips, if you have them. Change this dressing 1-2 times per day.

Once the drainage slows, you can stop doing the Betadine paint/pressure dressings and follow the instructions to apply a regular dressing on the left side of this sheet.

Once the incision/wound is completely dry and there is no drainage, the dressing is optional.

What Healthy Wounds Look Like and Warning Signs and Symptoms that May Signal an Infection Within Your Wound



Healthy: **Go!**

What to look for:

- No new drainage
- Dressing is dry
- Pain has not changed and/or is slowly improving

Take action:

1. Ice and elevate to help control swelling



Moderate: **Caution!**

What to look for:

- Increasing warmth to the skin around the incision or increased redness
- Increasing drainage or odor
- Significant increase in pain level

Take action:

1. Ice and elevate
2. Check wound daily
3. Call your surgeon to report the moderate status of your wound. Please be prepared to electronically send a photo of your wound.

Center for Advanced Medicine: (314) 747-3163 | Center for Outpatient Health: (314) 362-9100



Severe: **Stop!**

What to look for:

- Fever above 101°F
- Pain that is not relieved by your current pain medicines and/or ice, elevation and rest
- Redness, warmth or opening of your wound
- Drainage with an odor
- Unable to use the injured limb as much as you were because your pain is getting worse

Take action:

1. Call your surgeon to report the moderate status of your wound. Please be prepared to electronically send a photo of your wound.

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AFTER HOURS EXCHANGE

If you are experiencing severe symptoms, please call our after hours exchange number to speak with one of the on-call physicians:

(866) 582-8055 or (314) 388-5550

Orthopedics

