

## 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

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