

University Health Services

WOUND CARE INSTRUCTION SHEET

Instructions for Suture Care at Home:

- Try not to hit the wound on anything.
- Keep the stitches dry for the first 24 hours. After that, you can shower; but be sure to dry the stitches off right away.
- Clean the wound and stitches with antibacterial soap and water 3 to 4 times a day.
- For mouth and lip wounds, rinse your mouth after meals and at bedtime.
- Keep your bandage clean and dry. If the bandage gets wet you will need to change it.
- Lift the area above the level of your heart to decrease pain and swelling.
- Do not soak the wound. Do not go swimming or use a hot tub.
- If you have been given a tetanus shot, your arm may get swollen, red, and warm to the touch. This is a normal reaction.

Instructions for Steri-strip/Dermabond Care at Home:

- Dermabond is a sterile, liquid skin adhesive that holds wound edges together. The film will usually remain in place for 5-10 days, and then naturally falls off your skin.
- If bandaged or Steri-striped, keep the area clean and dry. Cover wound when showering.
- Replace the dressing daily until the adhesive film/Steri-strips have fallen off, or if the area should become wet.
- Do not scratch, rub or pick at the Steri-strips/Dermabond adhesive film.

Instructions for Silvadene Cream/Burn Care at Home:

- Do not remove the dressing for _____ unless soiled or wet.
- Change dressing at home daily using these steps:
 - 1) Clean burn thoroughly with mild soap and water daily.
 - 2) Pat dry with a clean, dry cloth.
 - 3) Apply Silvadene Cream 1/16 inch thick to the entire burn area. A telfa pad or gauze dressing should be placed over the burn
- Keep burn dressing clean and dry. Cover wound when showering.
- Silvadene Cream will turn yellow after a few hours; this is a normal reaction.

Instructions for Wound Care at Home:

- Do not remove the dressing for _____ unless soiled or wet.
- Keep area clean and dry. Cover wound when showering.
- Change dressing at home using these steps:
 - 1) Thirty minutes before wound care, take medication for pain if needed.
 - 2) Gather supplies and wash your hands.
 - 3) Remove the old dressing and check for signs of infection (See below).
 - 4) Gently wash the wound with warm water and antibacterial liquid soap.
 - 5) Pat the wound dry, using direct pressure for 10-15 minutes to control any new bleeding.
 - 6) Apply antibiotic ointment as directed.
 - 7) Cover the wound with a sterile dressing and secure with tape on self-adherent wrap.

Supplies for wound care can be purchased at the Forty Acres Pharmacy (1st floor of the SSB) or at a local pharmacy:

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|---|--|---|
| <input type="checkbox"/> Hibiclens | <input type="checkbox"/> Gauze sponges | <input type="checkbox"/> Self-adherent wrap |
| <input type="checkbox"/> Triple antibiotic ointment/cream | <input type="checkbox"/> Non-adherent gauze pads | <input type="checkbox"/> Tape |
| <input type="checkbox"/> Bacitracin ointment | <input type="checkbox"/> Petroleum dressing | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Band-aids | <input type="checkbox"/> Gauze rolls | <input type="checkbox"/> Other _____ |

If any of the following occur, call the nurse at _____, Monday – Friday, 8:30am-5:00pm. If you have questions after 5:00pm, call the UHS 24-Hour Nurse Advice Line at 512-475-6877.

- Increased redness, pain, swelling or red streaks
- Fever (temperature > 101°F)
- Green drainage or foul odor
- If the edges or the wound do not appear to be closing together or wound breaks open