



Wounds that require packing

- Change dressing based on the amount of drainage from the wound.
- For instance, if you have a lot of drainage you may need dressing changes three times a day, if you have little drainage you may only need to change dressing once a day
- You may take dressing off, shower (but not take a tub bath), and then re-apply clean dry dressing after shower. If you or a friend/caretaker are unable to change the dressings yourself, a home health or wound care nurse may be able to assist you
- Change dressings using the following: iodoform or regular gauze, a clean pair of tweezers (you can use alcohol or peroxide to clean the tweezers between uses)
- In order to change dressings, first find and remove the gauze that is coming out of the wound
- Next, take the end/corner of your piece of gauze using tweezers and insert gauze into the wound, leaving the rest outside of the wound
- Place an additional piece of gauze over top of the wound and secure with either tape or a bandage
- Continue to do this until the drainage stops and/or the wound closes
- Follow-up as instructed

Wounds with a penrose drain

- Keep area overlying drain covered with dry gauze and tape.
- Change dressing based on the amount of drainage from the wound.
- For instance, if you have a lot of drainage you may need dressing changes three times a day, if you have little drainage you may only need to change dressing once a day.
- You may take dressing off, shower (but not take a tub bath), and then re-apply clean dry dressing after shower.
- Follow-up in office as instructed for drain removal.