

Self Wound Care Instructions

- ☑ Wash the wound and surrounding area with soap and water or just water or saline
- ☑ Around the wound clean with Alcohol or BZK wipe
- ☑ Moisturize around the outer edges of the wound with A&D
- ☑ Use triple antibiotic ointment or medihoney over the open wound or on very thick scabbing
- ☑ Cover with a non-stick pad
- ☑ Put an ABD pad over the non-stick
- ☑ Wrap with roll gauze or cover with other gauze if roll gauze isn't needed
- ☑ If wanted/needed cover with an ace wrap or tube/gauze dressing

Do not leave dressings on for more than 48 hours. If your wound worsens, you start to feel sick for no reason, seek medical attention