

## WET TO DRY DRESSING CHANGES

Instructions:

### Supplies



3M Transpore tape



4x4 sterile gauze



Saline

- Wet the sterile gauze with saline (if saline is not available, use bottled water instead), squeeze out excess liquid, and fold into a strip wide enough to cover the section of the dehisced wound.
- Apply two strips of tape vertically to hold the damp sterile gauze in place
  - It is very important that you do not cover the damp gauze with a larger bandage. It needs to stay open to air so that the gauze is able to dry.
- By the end of the day, the gauze should be dry. Gently remove it.
  - It is normal to have some of the skin peel off with the gauze or to have it get stuck, just be gentle. This is part of debriding the wound and helps with the healing process.
- Take a shower after removing the dry gauze. Pat the incision dry after cleaning, and apply another strip of wet sterile gauze. Leave this strip on overnight. It should be dry again by morning, remove the dry gauze and repeat the process as described above.
- Repeat this process 2 times (morning and evening) daily for 7 days.
  - When the 7 days is completed, send an updated picture of the wound by email to our Medical Assistant at [ma.wooten@mountainortho.com](mailto:ma.wooten@mountainortho.com)