

DRESSING



Overview:

Dressing means the material applied, or the application itself of material, to a wound for protection, healing, absorbance. The procedure includes cleaning, disinfection and protection of the wound, which has a significant impact on the speed of healing, function of the repaired skin and cosmetic appearance of the resulting scar.

Pre Preparation:

- You must wear comfortable loose clothing to keep the dressing site friction-free and for ease of performing the procedure.

During Procedure:

- The procedure is done in a treatment room specially assigned for dressings.
- You are settled comfortably in an area where your privacy is respected throughout the procedure.
- If it's your first session, the procedure is explained to you and your co-operation is obtained.
- Doctor will evaluate the wound and decide on the suitable dressing type.
- The nurse disinfects her hand with alcohol based hand rub. The wound site is cleaned with surface disinfectant / antiseptic. A septic dressing material used to cover the wound site and secured with the adhesive tape or bandage.

- The entire process takes not more than 15 to 20 mins, depending on the wound.
- Dressings are typically changed once a day or every alternate day to avoid disturbing the wound healing environment. A Tegaderm dressing is usually changed at an interval of every 3 days. Hence, your next appointment can be pre-scheduled with the nurse to avoid delays.

Post Procedure:

- The wound is to be kept dry and not wetted. The patient is advised to stick to sponge bathing till the wound has healed.
- Loose clothing is to be worn so as not to disturb the dressing and the wound.
- There are no dietary restrictions, post procedure.
- In case you observe soakage or bleeding from the wound site, contact your doctor immediately.