

Alginate Dressing

Home Care Instructions

Important Phone Numbers



You have a wound that needs special care to heal. Your body will make the new skin needed to close your wound, but you have to help. Germs and old skin on the wound have to be removed. This is done changing the dressing on the wound as prescribed your doctor.

Supplies/Equipment *(Keep all supplies in one place clean & dry)*

1. Alginate Dressing _____ (Name & Size)
2. Normal Saline (salt water) solution. You can make your own by boiling 1 pint of water with $\frac{3}{4}$ teaspoon of salt for 10 minutes. Keep in a glass jar in the refrigerator and make a new batch every day.
3. Gauze Dressings _____ (Type & Size)
4. Non-sterile gloves
5. Tape _____ (Type & Size)
6. Small trash bag
7. Other Supplies _____

Follow these instructions carefully:

1. Wash your hands with soap and water.
2. Gather all your supplies and place on clean towel or paper towel.
3. Put on unsterile gloves.
4. Remove old, dry dressing and put in the trash bag.
 - It is normal to feel a little discomfort as the dressing comes off.
 - If bleeding occurs, moisten the old dressing with saline, and wait a few minutes before removing the old dressing again.
5. Take off the gloves and put in trash bag.
6. Put on new gloves.
7. Moisten some gauze with the normal saline and gently clean the wound. Put the gauze in the trash bag.
8. Pat the skin dry.
9. Gently place the alginate dressing in the wound as you were taught.
10. Cover with _____ dressing.
11. Apply tape to all 4 sides of the dressing.
12. Put all trash in the plastic bag. Take off your gloves and put them in the bag.

Change your dressing _____ taking the entire old dressing off each time. Continue to follow the instructions until you are seen by your doctor or clinic.

Notify your doctor or home health nurse right away if you:

- develop fever above 101° F.
- have increased pain.
- have increased swelling, redness or red streaks around your wound.
- have drainage that becomes foul smelling or changes color.
- have bleeding that does not stop after you apply pressure with a dry pad for 3 minutes.

Special Instructions:
