

Description

To cover a cut or break in the continuity of any tissue, that is caused by an injury or surgical operation. A dressing is an adjunct used by a person for application to a wound to promote healing and/or prevent further harm.

Purpose

- Stem bleeding – Helps to seal the wound to hasten the clotting process
- Absorb exudate – Soak up blood, plasma and other fluids exuded from the wound, containing it in one place
- Ease pain – Some dressings may have a pain relieving effect, and others may have a placebo effect
- Debride the wound – The removal of slough and foreign objects from the wound
- Protection from infection and mechanical damage, and
- Promote healing – through granulation and epithelialization

Steps

1. Observe the whole body of the patient, survey the extent of injury.
 2. Prioritize the type of wounds to be cleaned from the worst to the minimal open wound.
 3. Check for nerve damage.
 4. Explain to the patient that you will start cleaning the wounds.
 5. Expose the needed area of the body to be cleaned. Preserve privacy as much as possible.
 6. Cleanse the wounds with normal saline solution or a combination of betadine solution.
 7. Drape the wound. Please observe sterility of the environment.
 8. Anesthetize the surrounding wound area with local anaesthetics such as Lidocaine or Benzocaine. Some of the local anaesthetics might be skin tested before induction.
 9. Provide a direct pressure using sterile gauze on the wound area afterwards to stop bleeding or minimal bleeding must be obtained. For wounds on the limb, elevate the area above the level of the heart in order to slow the bleeding process.
 10. Paint the wound area with betadine solution.
 11. Use surgical forceps for picking up debris on the wound if there are any.
 12. Irrigate the wound with normal saline from time to time.
 13. Once the bleeding has stopped as well as no debris or foreign materials are found in the wound. Close the wound using sterile gauze.
 14. Lacerations, abrasions and avulsions can be closed with butterfly tape to hold the wound areas.
 15. Instruct the patient about proper wound care as well as follow-up if there are stitches along the wound. Encourage them to eat foods rich in Vitamin C in order to promote a faster wound healing.
-

WOUND CLEANING AND DRESSING

Test your knowledge

How does wound dressing promote wound healing?

What other things should I be reporting to my wound care doctor?

Should a patient let her/his wound open to air?