

JHONG JHENG ORTHOPEDIC HOSPITAL

Dressing Care Instruction

A. Purpose

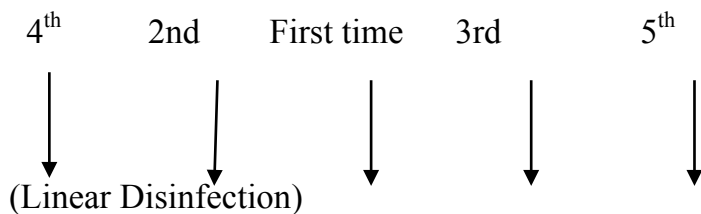
Perform the correct dressing care can reduce the infection rate and speed up the wound healing. Patient and family understand and know how to do dressing care at home.

B. Equipments: (※ Please be aware of the expired date for items 1 to 3)

1. One bottle of Betadine.
2. Packets of sterile gauze. (2 * 2 gauze or bigger)
3. Numbers of sterile cotton tipped applicator.
4. a roll of tape.

c. How to perform the dressing change ?

1. Wash hands with soap.
2. Get ready for all dressing materials.
3. Remove the original dressing and the gauze.
4. Tear out the package of cotton tipped applicator → Take one cotton tipped applicator with betadine from the top of the incision site/wound to the bottom (clock method: 12:00-6:00)
5. Each sterile cotton tipped applicator is one time use. Do not wipe incision site back and forth.



- ※ First: Place the cotton tipped applicator with betadine into the deepest area of the incision site/wound, keep the applicator vertical from top to bottom.
 - ※ The 2nd : Place the 2nd cotton tipped applicator with betadine on the left side of incision site/wound, keep the applicator vertical from top to bottom.
 - ※ The 3rd: Place the 3rd cotton tipped applicator with betadine on the right side of incision site/wound, keep the applicator vertical from top to bottom.
 - ※ The 4th : Place the 4th cotton tipped applicator with betadine on the left left of incision site/wound, keep the applicator vertical from top to bottom.
 - ※ The 5th : Place the 5th cotton tipped applicator with betadine on the right right side of incision site/wound, keep the applicator vertical from top to bottom.
6. Open the packet of the sterile gauze → Take the gauze out via thumb and index finger. Do not touch the inner surface of sterile gauze → Incision site / wound should be full covered by gauze and cover area gauze should be 1-2 cm greater than wound /incision site.

7. Secure the gauze with Tape.

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D. Things you need to know

1. Do not apply the tape in the joint area, do not pull.
2. Please return to the hospital immediately if you experience pain, fever, any discharge, redness, swelling in the incision site/wound
3. Use betadine to clean the incision site/wound, Do not use other ointments or medication.
4. The sterile cotton tipped applicator is one time use.
5. Keep incision site/wound dry, clean.