



Prescription for Supplies for Dressing Change

Kelly Holtkamp, MD

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| <input type="checkbox"/> Sterile Saline (eye contacts solution) | <input type="checkbox"/> 2-inch Kling | <input type="checkbox"/> Adaptic (Non-Stick Dressing) |
| <input type="checkbox"/> Distilled water | <input type="checkbox"/> 3-inch Kling | <input type="checkbox"/> Ace Bandage: 2in, 3in, 4in |
| <input type="checkbox"/> Betadine (Povidone-Iodine) | <input type="checkbox"/> Kerlix | <input type="checkbox"/> Disposable Gloves |
| <input type="checkbox"/> Hydrogen Peroxide | <input type="checkbox"/> Coban: 1in, 2in | <input type="checkbox"/> Xeroform |
| <input type="checkbox"/> 4x4 Gauze Pads | <input type="checkbox"/> Disposable Sterile Scissors | |
| <input type="checkbox"/> 2x2 Gauze Pads | <input type="checkbox"/> Gauze Non-Stick Pads | |

Quantity for _____ weeks.

Refill PRN May Substitute

Kelly A. Holtkamp, M.D.

Date

Dressing Instructions:

- Wet-To-Dry Dressing Change**
1. Wet the gauze with sterile saline until it is moist
 2. Place the gauze over the exposed tissue
 3. Cover the moist gauze with dry gauze
 4. Secure the dressing with the Kling or Kerlix
 5. Change the dressing once a day
 6. The moist gauze will dry and adhere to the tissue. When the gauze is removed, it will pull off the dead tissue. Start from the outer edge of the wound. You may see some bleeding, this is normal. If it is too painful, then soak the gauze in sterile saline to make it easier to remove.
- Dry Dressing Change**
1. Cover the wound with gauze OR non-adherent material (Xeroform, Adaptic)
 2. Secure the gauze with Kling or Kerlix
 3. Change the dressing once a day and as needed
- Betadine Soaking**
1. Pour sterile saline into a clean container. Then add a small amount of the Betadine solution to make the fluid the color of tea.
 2. Place the exposed wound into the fluid for 5 minutes.
 3. Cover the wound with gauze
 4. Secure the gauze with Kling or Kerlix
 5. Perform the soak once a day.

Signs of Infection: Notify your doctor if you experience fever, chills, night sweats, red streaking up your arm, increased swelling, redness or pain.

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