

# Burn Wound Care

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- Take pain medication 30 minutes before your dressing change as needed.
- Wash hands with soap and water before and after dressing changes.
- Bathe every day in either a tub or shower as instructed. You may wash your wound at the same time. Use warm water.
- Change your dressing \_\_\_\_\_ time(s) per day.

## **Step 1: Wash your wound:**

- Remove old dressing. This may be done in the shower.
- Wash wound with soap and water. Use gentle unscented soap such as Ivory or Dial.
- Remove all ointment and drainage with a clean, white washcloth. (Dyes may be irritating to the skin.) Newly healed skin is fragile, so be firm but gentle. Only wash as hard as necessary to remove old ointment and drainage..
- Pat dry
- Examine your wound for signs of infection
  - Green, discolored, or excess drainage
  - Increased pain
  - Redness around the wound
  - Increased swelling, or other changes in wound appearance
  - Foul smell from wounds
- If you have a fever higher than 101.5 degrees or any of these signs and symptoms call the clinic. (contact information below)

## **Step 2: Apply medication as instructed:**

- Bacitracin or triple antibiotic ointment

- Bacitracin, and then Xeroform®
- Silvadene®
- Other:

**Step 3: Cover with clean, dry gauze.**

**Step 4: Secure with:**

- Tape
- Wrap with Kerlix® gauze. Start wrapping from the farthest point away from your heart, working your way in. The wrap should be snug, but not tight. If you feel numbness, tingling, or pain, loosen the wrap. Secure with tape.

Call the Trauma Burn Clinic at (734) 936-5738 if you have any questions, **or if you have any signs of infection** described in step 1 above.

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