

Applying a Sterile Dressing

Introduction:

All wounds should be protected from contamination and many require support by dressing. The type of dressing varies with the nature and position of the wound. A dry wound must be covered and kept dry. Some wounds require pressure. Draining wounds may require irrigation. The main purpose for dressing is to maintain a warm and moist environment for proper wound healing.

Equipment:

- Disposable gloves
- Cleansing solution (e.g. Betadine)
- Sterile gloves
- Irrigation solution
- Basin
- Forceps
- 4x4 gauze
- Waterproof pad
- Dissecting scissor
- Tape or strap
- Syringe or IV set for irrigation

Before you start:

- Assess the patient's level and medicate for pain before procedure, as needed.
- Provide for privacy.
- Add adequate gauze to the sterile field by grasping the top flap, and dropping onto the center of the field.
- Wash hands, don disposable gloves, and remove soiled dressing as follows:
 - Untie straps or remove tape while holding down skin in front of tape.
 - Remove outer layer, then inner layer.
 - Dispose dressing and gloves in moisture proof bag.
- Assess wound appearance and drainage.

Technique:

Infected Wound:

1. Drape the patient and expose the wound.
2. Place a waterproof pad on the bed and position the patient to allow the irrigant to flow into basin (if you want to irrigate).
3. Don sterile gloves.
4. Clean skin around the wound with gauze and Betadine.

5. Clean the wound from least contaminated to most contaminated area, using cleansing solution, sterile gauze and forceps.
6. If there is dead tissue:
 - Done debridment till minor bleeding occurs.
 - Rotate a dry gauze to remove necrotic and dead tissue.
 - Clean the area with gauze and cleansing solution (using H₂O₂ solution in deep wound which is contaminated with anaerobe microorganism).



7. Position sterile basin to catch irrigant.
8. Fill syringe with irrigant and gently flush wound, continue to flush until solution is clear.
9. Dry wound and assess appearance and drainage.
10. Squeeze out solution until gauze is only slightly moist.
11. Open each gauze and gently pack into wound, continue until all surfaces of the wound are in contact with gauze (not to wound edge).
12. Apply dry gauze, then surgipads.
13. Secure with tape or straps.
14. Remove gloves, dispose of gloves and wash hands.

Clean Wound:

1. Drape the patient and expose the wound.
2. Done sterile gloves.
3. Clean skin around the wound with gauze and Betadine.
4. Clean the wound with gauze and irrigation solution, then dispose it.
5. Apply sterile dressing.
6. Secure with tape or straps.
7. Remove gloves, dispose of gloves, and wash hands.

Checklist for Applying a Sterile Dressing

1. Checks patient's name and hospital number
2. Assesses patient's pain level and medicates for pain 20-30 minute before procedure
3. Assembles correct equipment in the tray
4. Greets and introduces oneself to the patient
5. Explains procedure and gets verbal consent
6. Provides for privacy
7. Drapes the patient and exposes the site
8. Removes soiled dressing as follows: <ul style="list-style-type: none">• Washes hands and done disposable gloves• Unties straps or tape• Removes outer layer, then inner layer
9. Assesses wound (notes odor and presence of drainage)
10. Wears sterile gloves, gown and goggle
11. Cleans skin around the wound, using gauze and Betadine
12. Cleans the wound: <ul style="list-style-type: none">• From least contaminated to most contaminated area• Using sterile gauzes & Betadine or irrigation solution(as it is clean or infected wound)
13. If there is dead tissue: <ul style="list-style-type: none">• Debrides necrotic tissue till minor bleeding occurs• Rotates a dry gauze to remove dead tissue• Cleans the area with gauze and cleansing solution
14. Irrigates the wound (if needed) as follows: <ul style="list-style-type: none">• Positions sterile basin to catch irrigant• Irrigates the wound, till solution is clear• Dries wound edge
15. Applies adequate slightly moist or dry gauzes (Opens each gauze and wet gauze dosen't cross the wound edge).
16. Applies sterile dressing, then surgipads
17. Secures with tape or straps
18. Removes gloves, disposes of gloves and washes hands
19. Evaluates patient's status and level of comfort
20. Thanks and listens to the patient's questions