



Caring for Your Wound at Home

Keeping your dressing in place, covered, and dry

Your dressing is part of your treatment

Your wound dressing is an important part of your treatment plan. It protects the wound and helps create the right environment for healing. Unless your wound management provider has given you different instructions, allow your dressing to stay in place until your next scheduled dressing change or visit.

Keep your dressing in place

Please do not remove, lift, or change your dressing unless your wound provider has instructed you to do so.

If an edge or end of the dressing begins to loosen, reinforce it with medical tape to help keep the dressing securely in place. If the dressing comes off, shifts significantly, becomes saturated with drainage, or cannot be secured, contact your wound care provider for instructions.

Keep your dressing dry

- Cover your dressing before showering. Use a shower cast cover or a large waterproof plastic bag and tape over the dressing so water does not reach the wound.
- Do not soak your wound or dressing in a bathtub, swimming pool, or hot tub, even with a cover. Limit exposure of your dressing to moisture.

Remember

Keep it in place. Keep it covered. Keep it dry.

Your wound specialist will let you know when your dressing should be changed and whether there are any special instructions for your wound. When in doubt, contact your care team before removing the dressing.

When to call us right away

- The dressing comes off, shifts out of place, or cannot be secured
- The dressing becomes saturated with drainage
- You are unsure whether your dressing should be changed