Step-by-Step: Changing a Wound Dressing

Changing a Wound Dressing. Have trash nearby. Before you begin, wash your hands with soap and dry them well. Clean the surface you will be using and lay down a clean cloth.

Gather supplies on the cloth. You will need two pairs of gloves. Open the gauze, but don't take it out. Touch only the packaging.

Measure and cut the tape to the size needed. Put on gloves. Gently peel off the old dressing, starting at a corner. Peel up one corner at a time.

Peel towards the wound only. Throw away the old dressing. Remove and throw away the gloves. Wash and dry your hands again.

Put on a clean pair of gloves. Clean around the wound. Clean the wound. Remove the gauze from the package, touching only the corners. Place it over the wound.

Tape the gauze to the skin. Remove and throw away the gloves. Wash your hands again.