# Dressing Change

Dressings are placed over wounds to keep them clean, dry, and protected from further injury. This provides an environment that favors wound healing. Good wound care includes resting and elevating the injured part until the pain and swelling are better. Change your wound dressing as recommended by your caregiver.

When removing an old dressing, lift it slowly away from the wound. If the dressing sticks to the wound, dampen it with half-strength peroxide or tap water. Clean the wound gently with a moist cloth, remove any loose material, and apply antibiotic ointment if recommended by your caregiver. Usually it is okay for a wound to get wet. Wash it with mildly soapy water. Watch for signs of infection when changing a dressing.

**SEEK MEDICAL CARE IF YOU DEVELOP:**

- Increased pain, redness, or swelling.
- Pus-like drainage from the wound.
- Fever greater than 100.4° F (38° C).

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