## Useful dressing cheat sheet

<table>
<thead>
<tr>
<th>FOR TABLE</th>
<th>FOR CLEANING</th>
<th>FOR DRESSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hand gel</td>
<td>Chux</td>
<td>Primary dressing:</td>
</tr>
<tr>
<td>Scissors</td>
<td>Wound cleanser/dressing kit</td>
<td>Gauze x</td>
</tr>
<tr>
<td>Alcohol wipes</td>
<td>Cotton swabs x</td>
<td>ABD pad x</td>
</tr>
<tr>
<td>Gloves</td>
<td>Gauze x</td>
<td>Tape type:</td>
</tr>
<tr>
<td>Face protection</td>
<td>Measuring device</td>
<td>Bandage (wrap) Stockinette</td>
</tr>
<tr>
<td></td>
<td>Skin prep</td>
<td></td>
</tr>
</tbody>
</table>

Wash hands, then use hand gel before and after every glove change. * indicates decontaminate hands, G indicates gloves on/off. Protect eyes when irrigating. Sterile gloves if touching wound or using **moist** gauze in wound.

### To prep:
- Check order and double check IDs.
- Provide pain relief.
- Client should be in good position with bed right height and **protected**.
- Clear and clean a space. Part of bedside table is okay for **unopened** supplies, hand gel and tape.
- Prep and open supplies for cleaning. Place trash close by.*

### To clean:
- *G Remove and evaluate dressing. Discard with G*.
- *G Irrigate with wound cleanser or * sterile G and clean with moist gauze.
- Probe to base with cotton swab.
- Clean and dry periwound.
- Measure wound.
- Apply skin prep, **let it dry**.
- Tuck back chux G*.

### To dress:
- *G Wipe tube nozzle with alcohol pad and squeeze out onto sterile non porous surface. Open primary dressing.
- *G Apply primary dressing.
- Secure fully (no picture framing except for wet to dry).
- Discard trash. Heavily blood soaked items VAC canisters into red bag. G*
- Document assessment.

---

*By Margaret Heale, RN, MSc, CWOCN for WoundSource. For more wound care product resources and blogs, visit [www.WoundSource.com](http://www.WoundSource.com). © Kestrel Health Information 2014.*