Your Guide to Daily Wound Care

These simple steps will help you care for your wound and support healing.

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This kit contains dressings **necessary for you** to change daily or as ordered by your doctor.

Calcium alginate is indicated to **manage drainage** and it plays an important role in supporting wound healing.

Follow these steps every day until your supplies are used up or your wound is fully healed.



Step 1. Prepare the area

Wash hands and put on gloves. Remove the bandage wrap. Cleanse the surrounding skin with antimicrobial soap. Use gauze to dry the clean surrounding skin.

Why?
Cleansing helps decrease the risk of contamination.



Step 2. Remove dressings

Remove the dressings down to the wound bed.

Why?
It is important to change soiled dressings to help support wound progression.



Step 3. Apply the calcium alginate

- → Cut the calcium alginate sheet to the size of the wound.
- → Lay the calcium alginate sheet directly on the wound bed. It may be applied either side down.

Why?
Calcium alginate helps support wound healing.

NOTE: The calcium alginate needs to make contact with the moisture in the wound bed to form a gel.

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Step 4. Apply super absorbent dressing

Place the bordered super absorbent dressing over the calcium alginate, pressing down the edges to create a seal.

Why?
This acts as a protective barrier and helps keep the wound clean.



Step 5. Secure the dressings

You may have a wrap in your kit. Use it to secure the dressing by wrapping in a spiral and secure with tape.

NOTE: It should feel secure but never tight or uncomfortable.

Why?
This helps to hold the dressings in place to keep them secure.



Step 6. Management

Keep the area dry. To support wound healing, repeat this process daily or as ordered by your physician, usually starting on post-op day 3.

Why?
Proper wound care helps protect your wound, prevent infection, and support healing.

If you have questions, concerns, or notice signs of infection, including increased redness, swelling, warmth, pain, or drainage, contact your doctor. Thank you for taking an active role in your healing!

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