

Follow the instructions on this handout daily to care for your wound.

## Which wound dressing should I use?

- Xeroform®
- Polymem®
- Vaseline® gauze
- Dry gauze

Change your dressing \_\_\_\_\_ times per day.

## Watch for the following signs?

- Too much moisture (skin appears white, puckered and wet)
- Redness, increased pain or swelling, discharge from wound (signs of infection)
- Switch to dry gauze only if you notice too much moisture
- Notify your doctor if signs of infection are noted

## How do I care for my stitches?

- Keep stitches dry and clean
- Cover with plastic while bathing or keep arm away from the water
- Wash the area around the stitches with a damp washcloth, avoiding the incision/wound

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