

# Alginate Dressing

## HOME CARE INSTRUCTIONS

You have a wound that has a moderate amount of drainage. Special dressings are needed to soak up the drainage and help the wound heal. These directions will help you when you change the dressing.

### Supplies/Equipment

1. Alginate dressing \_\_\_\_\_ (brand and size)
2. Normal saline (salt water) solution. You can make your own by boiling 1 pint of water with 3/4 teaspoon of salt for 10 minutes. Keep in a glass jar in the refrigerator and make a new batch every day, or at every dressing change.
3. Unsterile gauze dressings \_\_\_\_\_ (type)
4. Other dressing \_\_\_\_\_  
\_\_\_\_\_ (type and size)
5. Skin protector \_\_\_\_\_ (brand)
6. Nonsterile gloves
7. Tape \_\_\_\_\_ (type and size)
8. Small plastic trash bag

### Care of supplies

Keep all supplies in one place where it is clean and dry.

### Procedure

1. Wash your hands with water and soap. Dry well.
2. Get all your supplies ready. Put them on a clean towel or paper towel.
3. Put on gloves.
4. Take off old dressings and put in trash bag. Take off the gloves and put them in the bag.
5. Put on new gloves.
6. Pour normal saline over gauze dressings in the package and gently clean the wound.
7. Pack the wound gently with the alginate as you have been taught.
8. Cover with \_\_\_\_\_ dressing.
9. Put skin protector on the skin around all 4 sides of the dressing.
10. Apply tape to all 4 sides of the dressing.
11. Put all other trash in the plastic bag. Take off your gloves and put them in the bag.  
If the drainage smells bad put about 1/4 cup bleach in the bag.

(continued)

12. Tie off the bag and throw it away.
13. Wash your hands again.

\*\*Change the dressing every \_\_\_\_\_

**Special Directions**

Each time you change the dressing check to make sure that:

1. The wound is clean or getting cleaner.
2. There is no change in the drainage amount or color, or that it doesn't smell bad.
3. The skin around the wound isn't red or broken.

**Call your doctor or nurse if you have:**

1. Redness or an increase in redness of the skin.
2. Pain or more pain in the area.
3. Change in the amount, odor, or color of the drainage.
4. Fever over 101.5°F.
5. Change in the color of the wound to black, yellow, or grey.

**Important phone numbers**

Home Health Agency and Nurse: \_\_\_\_\_  
 \_\_\_\_\_

Doctor: \_\_\_\_\_

**Supplies**

**Order #**

_____	_____
_____	_____
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