

Wound Care

Wet to Dry

This dressing is used to debride a wound, it's meant to go on damp and dry completely prior to removing. The dressing is supposed to stick to the wound and in doing so, will begin to remove the less healthy tissue leaving behind only healthy tissue and cleaning the wound to help it heal.

Materials

- Fine mesh gauze (do not use telfa or nonstick materials)
- Normal saline
- Ace wrap or tape technique

Use the normal saline to just barely moisten the fine mesh gauze. Wring out any excess saline and place only on the wound, not on the healthy skin as it will soften and break down the skin. Then cover with a dry fine mesh gauze. Maintain the dressing in the correct position with an ace wrap or with tape.

In some occasions this can also be accomplished with an elastic stocking. Eight to twelve hours later, the dressing is removed. It is supposed to stick to the wound and as the wound becomes healthier it will bleed with the removal of the dried dressing. This is not only preferred but anticipated. Do not wet the dressing when you remove it.