

## **How to do your Wet to Dry Dressings**

In treating your ulcer/infection you will be changing your dressing or bandage 2-3 times per day. Try to space the dressing changes out as evenly as possible. *For example if* soaking 3 times /day, soak at 8am, 2pm and 10 pm.) The progress you make healing is directly dependent on your cooperation.

**Moisten** the small gauze square with the **saline solution** you received from the pharmacy. Then wring the gauze dry. Apply the gauze over the ulcer and then cover with 2 DRY gauze pads. Usually a larger size cover gauze is best.

As the gauze dries out it will clean the ulcer and keep the area moist. Remember, you *do not* want the ulcer area to be wet or it will make the surrounding skin too wet. You can tell if this is happening if the skin turns too white, like you were in a bath too long.

If the gauze sticks, moisten it with saline (salt water) or hydrogen peroxide, wait about 30 seconds then remove it. Dr. Scheinin may instruct you to wash the ulcer area before each dressing change, rinse the area and dry thoroughly. You can use a hairdryer for about one minute from a distance of 2-3 feet. Be careful not to burn your feet. Use a warm setting if available.

## **SOAKING ISTRUCTIONS**

**Soaking Instructions:** Soak in **salt & water** (2tsp. table salt to 1-2 quarts WARM water) **Or Betadyne & water** (2-3 tablespoons of Betadyne in 1-2 quarts of WARM water). Dr. Scheinin will advise you which is best for your medical condition.

Rinse your foot off with clean water then dry your foot well.  
Follow any other instructions given to you by the doctor.

**Amerigel Dressing:** as instructed- Apply a small amount of the gel to the effected area and cover with a dry bandage or bandaide. Follow the instructions the doctor or office staff gave you.