



**Melissa R Kinder M.D. LLC**  
Hand and Reconstructive Surgery Northwest  
10121 SE Sunnyside Rd. Suite 235 Clackamas, OR 97015  
Phone: (503) 498-8190 Fax: (503) 305-7425

## WOUND CARE

Make sure that your bandages are not wrapped too tightly. You may carefully unwrap the top layer only (ACE bandage or coban) of your dressing and rewrap your injury. Your fingers should not be cold. If you gently squeeze your finger tip the color should return quickly.

Remove old bandages.

If desired, gently wash area in mild soapy water and pat dry.

If you have Packing...

Remove the previous dressing/packing completely by pulling on the exposed "tail". You may wet it with a small amount of water/saline if it is stuck. With clean scissors, cut a piece of new packing about the same length of the previous packing that was removed. Lay the packing over the wound. Using the wooden end of the q-tip, carefully/gently push the packing into the wound to fill all available space. It may "tunnel" under the skin in some directions. Turn the q-tip slightly after pushing the packing into place to help it not come out with the q-tip. Do this as many times as needed packing the entire wound with the length of the packing. **DO NOT OVER PACK.** Every day you should be putting slightly less packing in place. Leave a "tail" outside of the wound to help with removal. Cut any excess packing length with clean scissors. Continue as directed below

Cut a piece of Xeroform just large enough to cover the wound. If you do not have Xeroform, you may use a THIN layer of antibiotic ointment. (double antibiotic ointment or Bacitracin only)

Cover with new, clean gauze

Cover loosely with new, clean stretchy coban or an adhesive bandage if appropriate.

**Do not wrap too tightly**

### **DO NOT USE**

Neosporin / Triple Antibiotic Ointment  
Hydrogen Peroxide