



## Taking Care of Wounds That Are Draining or Have Not Healed

### ***How to Change Your Own Bandage:***

- Gather your supplies for changing the bandage
  - Plastic trash bag
  - Plastic gloves
  - Soap or alcohol-based hand sanitizer
  - Bandage
  - Q-tip
- Wash your hands with soap and hot water or use alcohol-based hand sanitizer
- Put on clean gloves just before touching the skin around the wound
- Follow the directions from the nurse or doctor for changing the bandage
- Put used bandages in the trash bag
- Put any dirty supplies, such as Q-tips, in the trash bag
- Take off the plastic gloves and put them in the trash bag
- Close the trash bag and put the bag in the common garbage
- Wash hands again-*even if you wore gloves*-with soap and hot water or use alcohol-based hand sanitizer

### ***While Changing the Bandage:***

**DO NOT TOUCH ANY OTHER PARTS OF YOUR BODY**

**DO NOT TOUCH ANY OF YOUR SURROUNDINGS-BED, SINK, FAUCET, TOWEL**

**DO NOT TOUCH ANY OTHER PERSON**

### ***When to Change a Bandage:***

- As often as the doctor or nurse tells you
- Any time that you can see pus or drainage on the bandage

