

# CLEANING & WRAPPING WOUNDS

## *for harm reduction programs*

1



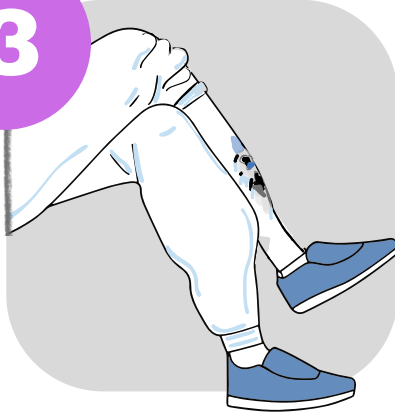
**Get consent** – introduce yourself; identify your level of expertise/lack of formal medical training; ask permission (repeat throughout)

**Prepare & put on your PPE** – find a place to sit, consider both privacy and having others nearby; hand sanitize; put on medical gloves, eye protection, and a surgical/kn95 mask



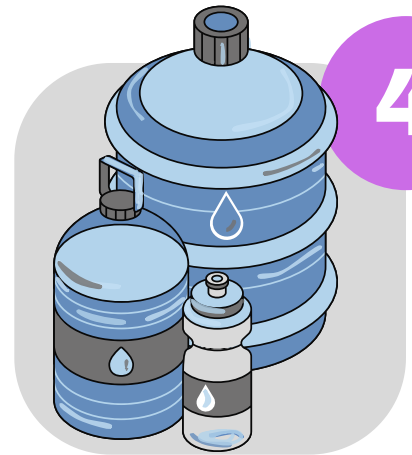
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3



**Expose the area** – ask them to show you the wound area; remove any old bandages carefully, using water if stuck; go slow and ask questions (“does it hurt?” “how did it start?” etc.)

**Rinse** – rinse with plenty of water or saline; gently running water (or poured from a bottle) can remove some debris/dirt and dead tissue; use gauze/chux to manage runoff; dry the surrounding area



4

**pro tip:** using warm or room temp water to wash wounds can increase comfort

5



**Apply ointment** – apply a layer of a petroleum jelly based ointment (or use xeroform or honey patches instead) to keep the skin moist; it also serves as a flexible, protective barrier; skip this step if the wound is actively draining

**Apply gauze pads & secure** – apply non-adherent sterile gauze pads to protect and to soak up discharge; secure the gauze pads using cohesive bandage (aka coban) (or medical tape); be sure not to wrap too tightly



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## PLAN AHEAD

- what primary care office and/or emergency department do you prefer?
- do you have a trusted buddy who could go with you?
- what tasks would you need to take care of before you go (i.e. 'get well'/take meds, call out of work, etc.)?
- they will want to know the timeline and how you think you got the wound, how will you answer these questions?
- waiting in a medical setting can be boring and stressful, what can you bring to distract yourself (i.e. word search, book, etc.)?

## MY NOTES:

**pro tip:** eating more protein, drinking plenty of water, and getting extra rest are helpful for wound healing