Wound Home Skills Kit:
Surgical Wounds
Welcome

This wound home skills kit provides information and skill instructions for the care of **Surgical Wounds**.

The goals of wound care after surgery are:

- Let the wound heal rapidly without infection or complication
- Let the affected area return to the best level of function and appearance

Watch the accompanying skills videos included online at [facs.org/woundcare](http://facs.org/woundcare)

**Your Wound** .......................... 3-8
**Wound Care** .......................... 9-18
**Surgical Dressings & Bandages** .... 19-28
**Surgical Drains** .......................... 29-36
**Problem Solving** ......................... 37-40
**Resources** .......................... 41-48
Your Wound

**Types of Wounds**
- Home Care Information ........ 4
- Your Wound ...................... 4–5
- Your Wound after Surgery ...... 5

**Your Skin**
- Your Skin’s Structure .......... 6–7
- How Your Wound Heals ........ 8
Types of Wounds

Home Care Information

Taking care of a surgical incision, managing your pain, and increasing your activity level are important concerns after surgery. You should also know the warning signs of a surgical site infection (SSI) and how to prevent complications with proper hand cleaning and wound care. It is important that you understand all of your discharge instructions and follow them carefully. You may ask your health care provider to simplify the instructions for you if you have difficulty understanding them. You may need to request a translator if you speak a different language.

Your Wound

There are 4 types of wounds that may need to be surgically repaired:

1. **Clean wounds** show no signs of infection or inflammation and do not involve repairing or removing an internal organ. They often involve the eyes, skin, or vascular system. The risk for an infection in this type of wound is usually less than 2%.

2. **Clean-contaminated** wounds have no signs of infection at the time of surgery but do involve repairing or removing an internal organ. Examples of this type of wound include surgery on your lungs and appendix and vaginal procedures. The risk for an infection is usually less than 10%.

3. **Contaminated** wounds include open, fresh accidental wounds and wounds that involve repairing or removing an internal organ. Blood and other fluids can spill from the organ into the wound. The risk for an infection is usually 13%-20%. Incisions after surgery that involve the gastrointestinal (digestive) tract may be at a high risk of becoming infected.

4. **Dirty-contaminated** wounds have an infection that is already present at the time of the surgery. The risk for an infection in these cases is usually about 40%.
Your Wound after Surgery

There are 2 types of surgical wounds following surgery:

1. **Incisional wounds** are made by cutting through skin, muscle, and fat so that a body part can be repaired or removed. Small incisions are also created during laparoscopic and robotic surgery.

2. **Excisional wounds** are made for the removal of a cyst or other type of tissue.

The goals of wound care after surgery are:

- Let the wound heal rapidly without infection or complication
- Let the affected area return to the best level of function and appearance
Your Skin

Your Skin’s Structure

Let’s talk briefly about your skin. This is important so that you know how to take care of your wound.

Your skin has the job of protecting your body, so it is made to be tough and stretchy. The 3 main layers of the skin are the **epidermis**, **dermis**, and **subcutaneous fat**.

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**The epidermis is the top layer of skin**, which is the part of the skin you see. New skin cells are made at the bottom of the epidermis. They push their way up and flake off about a month after they form. Your skin is always making new cells—that’s why your skin can heal. Just remember that your new skin cells may be a little tender and fragile in the beginning.

The epidermis makes melanin, which is the pigment that gives skin its color. Melanin is increased when exposed to the sun. You will need to protect your wound from the sun—otherwise, the new pigment may be darker and that part of the skin will look different. The epidermis also has immune cells that are there to protect your body. So that is why when your skin layer is broken, you are at a greater risk for infection.
The dermis is the second layer of skin. It’s much thicker and does several jobs:

- Makes sweat—which comes out of little holes in your skin called pores.

- Contains nerve endings—they help you feel things. If the dermis is damaged, sometimes the skin has less sensation or feeling for a while.

- Grows hair—if your hair roots are damaged, you may have scar tissue that no longer grows any hair.

- Makes oil—this helps keep your skin soft and smooth.

- Brings blood to your skin—it does this through blood vessels. You will have more bleeding when a cut goes into the dermal layer. Damage to the dermis from constant pressure or other causes reduces the blood supply. Then nutrients can’t get to the skin, and healing will be slow.

Subcutaneous fat is the bottom layer of skin. This layer:

- Attaches the dermis to your muscles and bones.

- Contains the larger blood vessels and nerve tissue that supply blood and feeling to the rest of your body.

- Contains fat that helps control your body temperature.

- Stores the fat in pads that help protect your muscles and bones. As you age, the fat layer thins out and becomes more delicate. Your skin may be more sensitive to bruising or skin tears.
How Your Wound Heals

There are 3 ways that wounds can heal:

1. **Primary healing:** The wound is clean and all layers of your skin are closed. Your wound will heal in a minimum amount of time, with no separation of the wound edges and with little scar formation.

2. **Secondary healing:** The wound's deep layers are closed, but the superficial (top) layers are left open to heal from the inside out. The wound edges may not be able to be brought together, and the wound may be at a high risk for infection.

3. **Tertiary healing** (delayed primary closure): The wound is first cleaned and observed for a few days to make sure there is no infection before it is surgically closed. These wounds include injuries, such as dog bites, or lacerations, such as jagged stab wounds.

The amount of time it will take your wound to heal depends on your general health and the type of surgery you’ve had. Most wounds heal within 2 weeks in healthy children and adults. Healing may take longer if you have a condition like diabetes; you are a smoker; you are taking drugs, such as steroids or chemotherapy; or you have a weakened immune system.
Wound Care

Wound Closures
Sutures (Stitches) .................. 10
Staples ............................... 10
Steri-Strips .......................... 11
Tissue or Skin Adhesives ........... 11

Wound Care
Introduction .......................... 12
Clean Your Wound Skills ........... 13-14
Pack Your Wound Skills ............ 14-17
Wound Closures

Sutures (Stitches)

Sutures (stitches) are fine threads sewn through the skin to bring a wound together. Sutures are either permanent or absorbable (usually absorbed by the body within 4 to 8 weeks). Absorbable sutures, which do not require removal, are used to close incisions of the mouth, tongue, and genitals or deep, multilayered lacerations. Nylon and other nonabsorbable sutures should be removed by your health care provider.

Staples

Staples are metal clips that are used to close surgical incisions that have fairly straight edges. Medical staples are made of special metal and are not the same as office staples. They often provide the strongest closure. The amount of time they are left in depends upon the wound location and healing rate of the patient. Staples are usually removed at a doctor’s office or hospital. There may be some localized redness around the staples for the first few days. If this redness increases, it may be a sign of a wound infection.

<table>
<thead>
<tr>
<th>Wound Location</th>
<th>Time until Removal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face</td>
<td>3 to 5 days</td>
</tr>
<tr>
<td>Scalp</td>
<td>7 to 10 days</td>
</tr>
<tr>
<td>Arms</td>
<td>7 to 10 days</td>
</tr>
<tr>
<td>Trunk/Torso</td>
<td>10 to 14 days</td>
</tr>
<tr>
<td>Legs</td>
<td>10 to 14 days</td>
</tr>
<tr>
<td>Tops of hands or feet</td>
<td>10 to 14 days</td>
</tr>
<tr>
<td>Palms or soles</td>
<td>14 to 21 days</td>
</tr>
</tbody>
</table>

Timing of Suture or Staple Removal
**Steri-Strips**

* Steri-Strips® are adhesive strips used to bring the edges of an incision together. The strips should be placed with enough space between them to allow drainage. Steri-Strips should be kept dry for the first 24 hours, but you may usually shower after that. They will usually fall off in 7 to 10 days.

**Tissue or Skin Adhesives**

*Tissue adhesives* (also known as *skin adhesives*, such as Dermabond™) are used to close wounds and may be used alone or with sutures. Your doctor will put a liquid film on the wound and let it dry. The film holds the edges of the wound together and also protects the wound from getting wet. You should leave the film on the skin until it falls off, usually in 5 to 10 days.

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**It is important to NOT put additional stress or strain on a wound closure.**

If you have an abdominal incision, try not to strain when using the toilet, bending, or lifting. Do not lift objects over 10 pounds—a gallon of milk weighs about 10 pounds.
Wound Care

Introduction

It is important to ask your doctor how to clean and care for your surgical wound. If you have had your wound closed after a clean operation, the skin around your wound may seal by itself in 24 to 48 hours. You may be able to remove the dressing and shower as directed by your physician. These are some general instructions for caring for your wound.

- Use tap water or take a shower for wound cleaning.
- Avoid baths, swimming pools, or hot tubs until your incision is healed.
- Dried dressings may stick to your wound and cause pain and tissue damage when removed. They may have to be moistened to be removed.
- **Do not use** disinfectants and antiseptics—like hydrogen peroxide, rubbing alcohol, or iodine—to clean open wounds. They are more likely to damage tissue than to help it heal.
- Gauze is most likely to cause pain, while products such as hydrogels, hydrofibers, alginates, and soft silicone dressings are least likely to cause pain.
- Pain may be reduced or prevented by using over-the-counter or prescribed pain medications and dressing products.
Clean Your Wound Skills

- It is important that you follow your doctor’s instructions for cleaning your wound.
- Watch the Clean Your Wound video online at facs.org/woundcare, and then follow each of the steps.

SKILL Remove Your Dressing before Showering or Dressing Change

- If your hands are visibly dirty, wash your hands with soap and water for 15 to 30 seconds; if your hands are not visibly dirty, use a 60% alcohol-based hand gel.
- Loosen the tape on the dressing but don’t remove the dressing yet.
- Put on a medical glove or use a plastic bag over your hand to grasp and remove the dressing. Place the dressing and the glove or bag in a second plastic bag and discard.\(^4,5\)
- Wash your hands again or reapply 60% alcohol-based hand gel.

SKILL Clean Your Wound When Not Showering

- If your hands are visibly dirty, wash your hands with soap and water for 15 to 30 seconds; if your hands are not visibly dirty, use a 60% alcohol-based hand gel.
- Soak clean gauze in tap water (or sterile saline solution, if you have been told to do so).
- The suture or staple line should be the least contaminated area, and so you should always clean it first.
- Dab the wet gauze gently around sutures, staples, or Steri-Strips to clean and remove dried blood or drainage from around the incision.
- Rinse the wound well and carefully pat the wound dry with dry gauze or a clean towel.
**SKILL** Clean Your Wound Using the Shower

- Use a shower chair, if needed, and adjust the shower spray to gentle with warm water (rather than hot).
- Shower for 5 to 10 minutes, keeping your wound at least 12 inches away from the shower head.

**Important Tips**

- Prevent the wound from re-opening by keeping activity in that area to a minimum.
- Wash your hands before you care for your wound.
- If the laceration is on your scalp, it is OK to shampoo and wash your hair and scalp. Be gentle and avoid excessive exposure to water.
- Call your doctor if you have any questions or concerns about how to care for sutures or staples at home.

**Pack Your Wound Skills**

- If a wound is deep or tunnels under the skin, wound packing can absorb drainage and help it heal. Ask your doctor how to pack your wound and how to order wound packing supplies.
  - Watch the Pack Your Wound video online at [facs.org/woundcare](http://facs.org/woundcare), and then follow each of the steps.

**SKILL** Gather Your Supplies

- Packing material, water, or solution prescribed by your doctor
- Cotton swabs (Q-tips®)
- A small plastic bag
- Clean gloves
- A clean bowl
- Scissors
- Tweezers
- A clean towel
- Outer dressing material to use as a bandage
- Tape

**Watch and Review**

Wound packing supplies
SKILL Prepare Your Work Area

- Clean your work area.

- If your hands are visibly dirty, wash your hands with soap and water for 15 to 30 seconds; if your hands are not visibly dirty, use a 60% alcohol-based hand gel.

- Put a clean towel over your work area and set a clean bowl on it.

- Pour water or the solution prescribed by your doctor into the bowl to wet the packing material, or open your packaged material.

- Clean tweezers and scissors with alcohol or an alcohol wipe before using.

Always wash your hands before caring for a wound

Prepare your work area

Alcohol wipes, tweezers, and scissors

Clean your scissors with alcohol
**SKILL** Pack Your Wound

- Cut pieces of tape longer than the length and width of the wound to secure the dressing. Hang one side of the tape from the edge of a table or workspace until needed.

- Carefully remove any tape or unwrap the bandage. Cover your hand with a plastic bag or a glove to remove the existing bandage. Check the bandage for drainage or odor, place in a second bag, and discard.

- Use a 60% alcohol-based gel for removing germs from your hands.

- Put on clean gloves.

- Use clean tweezers to lift the packing out of the container. Cut off the amount needed and place it on a clean piece of gauze.

- Gently push the packing material into the wound to fill the wound space. Use a cotton swab, if needed, to push the packing beneath any tunneled areas.

- You may also use a cotton swab to gently measure the depth of the wound and record it each day.

- Open the outer dressing material package and place the dressing over the packing and wound site.

- Tape the outer dressing in place or wrap a bandage around the wound area to hold the dressing in place.

- Remove your gloves and discard.

- Use a 60% alcohol-based hand gel to remove germs from your hands.

1. Remove the packing material from container
**SKILL**

# Pack Your Wound (continued)

## 2

*Cut some gauze packing*

## 3

*Pack your wound*

Close-up of a packed wound

## 4

*Tape the outer dressing over your packed wound*
# Surgical Dressings & Bandages

## Your Dressings and Bandages
- **Introduction** .................. 20
- **Types of Surgical Dressings** ........ 21
- **Protective Dressings** ............ 22
- **Antibacterial Dressings** ........... 23
- **Absorbent Dressings** ............. 24
- **Debriding Dressings** ............. 25

## Skin Adhesive Dressings ........ 25

## Dressing and Bandaging
- **Dressing Skills** .............. 26–27
Your Dressings and Bandages

Introduction

Home care for a surgical wound may involve frequent dressing changes and cleaning.

Dressings are used for several purposes:

- Maintain a moist environment
- Protect from injury and contamination
- Control bleeding
- Decrease chances of an infection

Watch the Dressing and Bandaging video online at facs.org/woundcare
Types of Surgical Dressings\textsuperscript{6,7}

There are two types of dressings:

1. A \textbf{primary dressing} is placed directly over the wound.

2. A \textbf{secondary dressing} is used to cover or hold a primary dressing in place.

Dry dressings (plain gauze), such as 4x4 gauze dressings, are still the most common. Other dressings have a specific purpose to help the wound heal. They include protective, antibacterial, absorbent, and debriding dressings.

A secondary dressing or bandage may be used to hold a primary dressing in place. You may also need tape and either clean or sterile gloves, depending on the type of wound you have.

There are also more advanced products that help create a moist, warm, and protected wound-healing result. Your health care provider will let you know what type of dressing you need.
# Protective Dressings

<table>
<thead>
<tr>
<th>Dressing Type</th>
<th>Wound Type</th>
<th>Use</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry gauze</td>
<td>Draining wounds</td>
<td>Cotton or synthetic fibers absorb drainage; nonocclusive; inexpensive and readily available</td>
<td>Gauze may stick to dry wounds; moisten before removing with saline or warm, soapy water; pull edges gently back to avoid tearing the skin</td>
</tr>
<tr>
<td>Silicone</td>
<td>Wounds or incisions with abnormal healing which may lead to raised or hypertrophic scars</td>
<td>Gel sheets that relax and soften scar tissue; silicone does not stick to the moist wound bed but adheres gently to the surrounding skin; decreases trauma and pain on removal with no residue on the skin</td>
<td>Reduces pain on dressing removal, reducing anxiety and speeding up the healing process</td>
</tr>
<tr>
<td>Hydrogels</td>
<td>Pressure ulcers, partial and full-thickness wounds, vascular ulcers, burns, abrasions, or skin tears</td>
<td>Water- or glycerin-based dressings that provide moisture to dry wounds; soften and loosen slough and necrotic wound tissue</td>
<td>Not for heavily draining wounds; may feel cool and decrease pain; may dehydrate easily; nonadhesive and requires a secondary dressing</td>
</tr>
<tr>
<td>Transparent films</td>
<td>Closed surgical incision sites, small skin tears with minimal drainage, skin graft and donor sites, catheter sites, and areas of friction</td>
<td>Thin, transparent sheets with adhesive backing; protect from water and bacteria; provide a moist healing environment and debrides the wound</td>
<td>Usually has it’s own adhesive, so less need for tape; does not cause pain or trauma when removed</td>
</tr>
<tr>
<td>Impregnated gauze</td>
<td>Skin grafts and donor sites, burns, and skin tears</td>
<td>Gauze treated with substances such as petroleum, iodine, bismuth, and zinc; adds moisture to the wound and promotes healing by decreasing pain during dressing changes</td>
<td>Do not use bismuth gauze with venous leg ulcers; iodine gauze may be used for tunneling/packed wounds but needs frequent dressing change and use for fewer than 5 days; use a secondary dressing to cover</td>
</tr>
</tbody>
</table>
**Antibacterial Dressings**

Gauze with iodine or silver added helps keep the wound moist, prevents infection, and provides nonstick coverage. This should make changing the dressing much less painful and will not tear the healing wound when the dressing is removed.

<table>
<thead>
<tr>
<th>Dressing Type</th>
<th>Wound Type</th>
<th>Use</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Antibacterial ointment</strong></td>
<td>Dry wounds that are or can become infected</td>
<td>Use for the number of days prescribed by your health care provider; do not stop earlier because the infection can come back</td>
<td>Watch for signs of improvement in 3 to 5 days; if no improvement, then notify your health care provider</td>
</tr>
<tr>
<td><strong>Iodosorb</strong>&lt;sup&gt;*&lt;/sup&gt; (cadexomer iodine)</td>
<td>Pressure ulcers, venous leg ulcers, diabetic foot ulcers, minor burns, and superficial skin-loss injuries</td>
<td>Absorbs fluid and bacteria from the wound, including MRSA*; helps in debridement (removing dead tissue)</td>
<td>Apply to the wound using a cotton swap or gauze; change the dressing as directed or when the medication changes from brown to yellow/grey or colorless; clean the wound before reapplying the next dose; DO NOT USE if you have an iodine sensitivity, you are pregnant, have thyroid or kidney disease, or in newborns</td>
</tr>
<tr>
<td><strong>Silver-based dressing</strong></td>
<td>Wounds that may easily become infected, like burns and lacerations</td>
<td>Silver is an agent that is effective against bacteria, fungi, viruses, and yeast; active against MRSA* and VRE**; reduces inflammation of wounds; and promotes healing</td>
<td>Apply with a gloved hand and cover the wound with a thin layer of medication; let your health care provider know if you have a skin reaction (blistering, peeling, or a skin rash anywhere on your body); other reactions may include easy bruising and bleeding, yellow skin, nausea, or upset stomach; you may need to have your blood drawn to watch for side effects</td>
</tr>
</tbody>
</table>

*MRSA (methicillin-resistant *Staphylococcus aureus*) is a form of bacterial infection that is resistant to some antibiotics, including methicillin.

**VRE (vancomycin-resistant *Enterococcus*) is a form of bacterial infection that is resistant to the antibiotic vancomycin.
Absorbent Dressings

Absorbent dressings help to collect moderate to heavy drainage from the wound and provide coverage and protection.

<table>
<thead>
<tr>
<th>Dressing Type</th>
<th>Wound Type</th>
<th>Use</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foam</td>
<td>Moderate-to-heavily draining wounds, partial and full-thickness wounds, donor sites, ostomy sites, minor burns, and diabetic ulcers</td>
<td>Polyurethane pads, sheets or cavity packing that may have air- and watertight backing; maintains wound moisture; protects the wound</td>
<td>Not recommended for dry wounds and arterial ulcers because foam may dry wounds further; can be left in place for up to 4 to 7 days; remove and count all foam pieces between dressing changes</td>
</tr>
<tr>
<td>Collagen</td>
<td>Minimal to heavily draining wounds; skin grafts or donor sites; chronic wounds and slow healing ulcers</td>
<td>Woven material that absorbs blood and forms a gelatin mass, which is absorbed within 2 to 7 days</td>
<td>Maintains wound moisture and enables healing at a rapid rate</td>
</tr>
<tr>
<td>Alginates</td>
<td>Highly draining wounds; pressure/vascular ulcers, surgical incisions, wound tunnels, skin graft donor sites, exposed tendons, and infected wounds</td>
<td>Nonwoven fibers made from brown seaweed; may also contain ionic silver; forms a gel when placed on the wound; provides a moist environment and may trap bacteria</td>
<td>Available in sheet, ribbon, or rope form; may be kept in place up to 7 days over clean wounds; change infected wounds daily; not used for dry wounds</td>
</tr>
<tr>
<td>Hydrofibers</td>
<td>For moderate drainage; pressure ulcers and surgical wounds</td>
<td>Sterile fibrous sheets convert to a solid gel and conform to the wound when moistened</td>
<td>Highly absorbent and allows debridement; collects wound drainage comfortable and easy to remove</td>
</tr>
</tbody>
</table>

Alginate absorbent dressing
### Debriding Dressings

Some wounds require a dressing that helps debride (remove) dead, damaged, or infected tissue to improve healing and protect the healthy tissue.

<table>
<thead>
<tr>
<th>Dressing Type</th>
<th>Wound Type</th>
<th>Use</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrogels</td>
<td>Pressure ulcers, partial and full-thickness wounds, vascular ulcers, burns, abrasions, or skin tears</td>
<td>Water- or glycerin-based dressings that provide moisture to dry wounds; soften and loosen slough and necrotic wound tissue</td>
<td>Not for heavily draining wounds; may feel cool and decrease pain; may dehydrate easily; nonadhesive and requires a secondary dressing</td>
</tr>
<tr>
<td>Hydrocolloid</td>
<td>Partial and full-thickness wounds with low-moderate drainage, necrotic wounds, minor burns, and pressure ulcers</td>
<td>Inner layer is made of colloid gel, paste, powder, or granule particles, such as pectin; provides moist healing and thermal insulation; polyurethane outer layer seals and protects from bacteria and trauma</td>
<td>Wounds with slough or dead tissue; not for infected or heavily draining wounds; may remain in place for 7 days</td>
</tr>
</tbody>
</table>

Medicated dressings

### Skin Adhesive Dressings

If your wound was closed with a skin adhesive, **DO NOT scratch or pick at the adhesive film on the wound**. If your health care provider puts a bandage over the adhesive, be careful to keep the bandage dry. Your doctor will probably want you to put on a clean bandage every day.

Do not put any ointment on a wound that has skin adhesive on it. Ointment could make the adhesive come loose and fall off too soon. You should keep the wound out of sunlight and away from tanning booth lamps.
## Dressing and Bandaging

### Dressing Skills

Watch and Review

- Your doctor may prescribe an antibiotic ointment to help prevent infection and reduce the size of the scar.
- You may have been told to use a special dressing for your wound and should be shown how to apply it. Apply it exactly as instructed.
- Watch the Dressing and Bandaging video online at [facs.org/woundcare](http://facs.org/woundcare), and then follow each of the steps.

### SKILL  Remove Your Postoperative Dressing

Follow your surgeon’s instructions for removing the dressing and cleaning and caring for the wound.

Remove the postoperative dressing if:

- There are signs of excessive redness, swelling, or drainage
- Wound pain or pressure cannot be controlled by medication
- You suspect there is wound separation

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Call your doctor for instructions on how to care for your wound if it has any of the signs of inflammation or pain described above. Continue to use tap water for wound cleaning after 48 hours unless you are told to change to another solution.
Put on a New Dressing

1. After cleaning the wound, place a new primary dressing or clean gauze on the wound.

2. Secure the dressing with tape or by wrapping a secondary bandage completely around the dressing. If you are wrapping a bandage, extend the bandage 1 inch past the primary dressing in all directions to make sure it is completely covered.

3. Tape the bandage ends to the bandage itself to secure.

4. Wash your hands again or reapply a 60% alcohol-based hand gel.

Put on a new dressing
Surgical Drains

Your Surgical Drain

- Introduction .................. 30
- Types of Drains ............... 30
- Surgical Drain Skills .......... 31-33
- Negative Pressure
- Wound Therapy (NPWT) ....... 34-36
Your Surgical Drain

**Introduction**

You may have a tube or drain placed in the surgical site to remove excess fluid or blood. The drained fluid is collected into a dressing, bag, or container. You should see the drainage decrease after you go home, and you may see it change color. You should be shown how to empty the drain before you are discharged, and you should ask if you need to measure the drainage.8

**Types of Drains**

1. **Open drainage systems**—like Penrose drains—are inserted into a body cavity or the wound to remove drainage. They may not be sutured in and may have a safety pin at the end to keep the drain from getting pulled into the wound. The end of the drain should be covered by a bandage to collect the drainage.

2. **Closed drainage suction systems**—including Jackson-Pratt (JP) drains and Hemovac® drains—use a vacuum to draw drainage out of the wound into a closed system. These drains may be sutured in place to keep them from falling out.
Wound drainage may contain blood, and the tubing may get clots or clogs that may keep the fluid from draining. You may hear these terms and see different types of drainage from your wound:

- Clear, watery plasma
- Fresh bleeding
- Pale, watery drainage with some traces of blood
- Thick, yellow, green, or brown drainage

Before you empty and measure the fluid, you will need to clear the clots from the tubing each time. This is called stripping or milking the tubing.

- Watch the Caring for Your Surgical Drain video online at facs.org/woundcare, and then follow each of the steps.

### Clear Your Tubing and Empty Your Drain

#### SKILL

- Gather your supplies:
  - Clean gloves
  - Measuring container
  - Gauze dressing
  - Tape
- If your hands are visibly dirty, wash your hands with soap and water for 15 to 30 seconds; if your hands are not visibly dirty, use a 60% alcohol-based hand gel
- Using one hand, firmly hold the tubing near where it comes out of the skin. This will prevent the drain from being pulled out while you are stripping it.
- Firmly pinch the tubing with your other hand, using your thumb and first (index) finger. Squeeze the tubing and slowly slide your fingers down the tubing toward the drain. You may use an alcohol pad or apply lotion around the tubing to make it easier to slide your fingers down the tubing. Squeeze the tubing firmly enough that it becomes flat.

1. Strip the drain tubing

Always wash your hands before caring for a wound.
Clear Your Tubing and Empty Your Drain (continued)

To empty a closed suction drain, using a gloved hand, open the cap on the drain. Hold the opening pointed away from you and squeeze all of the drainage into a measuring cup or larger measuring container, if needed. Record the amount and color of the drainage. Call your doctor if the fluid is cloudy, bad smelling, or the amount of drainage has increased.

To close the drain, hold the opening away from you and squeeze until the drain is as flat as possible. Then replace the cap.

To discard the drainage, pour small amounts down the sink and flush the sink drain with hot water. Larger amounts of drainage can be poured into a toilet—be sure to close the cover when you flush to avoid spraying any drainage.
SKILL  Change the Dressing around the Drain

- If you need to change the dressing but not empty the drain, gather your supplies:
  - Clean gloves
  - Secondary dressing
  - Soap and water
  - Tape
  - Gauze dressing

- Loosen the tape and remove the old dressing. Be careful not to pull the drain out. Look at the dressing for any unusual or bad-smelling drainage. Put the old dressing in a plastic bag and throw it away in the trash.

- If your hands are not visibly dirty, use a 60% alcohol-based hand gel for removing germs from your hands.

- Check the skin around the tubing for any redness, swelling, warmth, or bad-smelling drainage. Clean the skin around the tubing with soap and water.

- If you are using a 4x4 split gauze dressing, open the package and remove the gauze pad. Touching only the edges of the gauze pad, place the opening around the drain as shown below.

- Place a secondary dressing to protect the site and the drain from falling out. Tape dressings or wrap a bandage around them to hold in place.

- For a closed drain, pin the tab on the drain to the dressing to keep from dragging.

Apply a split gauze dressing
Negative Pressure Wound Therapy (NPWT)

Negative pressure wound therapy (NPWT) promotes wound healing using a sealed wound dressing connected to a vacuum pump. This therapy helps draw wound edges together and promotes the regrowth of healthy tissue. The vacuum helps increase blood flow to the area and draw out excess fluid from the wound. Depending on the wound type or location, NPWT can be used for a few days to several months at a time. This treatment may be used on many kinds of wounds, including chronic wounds like pressure ulcers, diabetic ulcers, burns, traumatic injuries, or some surgical wounds.

A foam dressing or filler material is fitted to the shape of your wound. It is then sealed with a clear film. The drain tubing is connected to an opening in the film and attached to a canister. The canister is attached to a vacuum pump. The vacuum helps to increase blood flow to the area and draw out excess fluid from the wound.

A medical supply company will set up rental of the equipment and will usually deliver the vacuum pump supplies to the home. A health care provider will change the dressing on a scheduled basis.

**Check your dressing and NPWT daily to make sure:**

- The negative pressure seal is not broken and leaks are at a minimum
- The pump is free of kinks
- The drainage chamber is filling correctly and does not need to be changed
- The area around the wound remains unchanged
- The dressing is clean and does not need to be changed
Troubleshooting Your NPWT

1. **The first time the pump is turned on**, you may feel a slight pulling sensation. If you continue to experience pain, you may need to take pain relief medication.

2. **The dressing will pull down against your skin** when the therapy is working and will also be firm to the touch.

3. **The dressing will usually be changed by a health care provider** every 3 to 7 days, depending on the size, type, and amount of drainage.

4. **Most NPWT systems are portable so that you can move around.** Ask your health care provider how much activity you should be doing.

5. Make sure that the pump is positioned so that it cannot be pulled off onto the floor during sleep.

6. **Low battery:** If the therapy pump is battery operated, change the batteries when the battery indicator flashes.
   - **To change batteries,** press the button to pause the therapy.
   - Take the battery cover off from the pump and put in new batteries.
   - Put the cover back on and press the start button to continue your therapy.

7. **Disconnect the pump to take a shower:**
   - Press the button to pause the therapy. There should be a connector built into the tubing between the pump and dressing.
   - Unscrew the two parts of the connector. Place the pump somewhere safe.

*Continued on next page*
• The dressing on top of the wound is water-resistant. You can shower or wash with the dressing in place, but do not soak the dressing or it may fall off. Point the end of the tubing attached to the dressing down so that water cannot enter the tube.
• When you are ready to reconnect the pump, screw the two halves back together. Make sure the dressing is smoothed down and has no creases that could cause air leaks.
• Press the button to restart the pump, and a light will flash to show that the pump is starting to apply therapy.

8. Low vacuum alarm or light flash.
• This means there may be an air leak around the dressing. Smooth the dressing and strips to ensure there is no way for air to get in, and press the button to restart the vacuum pump.
• The alarm will also sound if the canister is full or if the tubing is kinked or blocked. A full canister will need to be removed and replaced by a health care professional. The canister is usually changed with the dressing. If the tubing is kinked or blocked, try to straighten the tubing or remove the blockage and the alarm should stop.

9. If the THERAPY ON/OFF button is accidentally turned off, push the same button to turn the unit back on. The system should not be off for more than 2 hours each day.
Problem Solving

Help Prevent Surgical Site Infections

Talk to Your Health Care Provider ............... 38

When to Call the Doctor ............... 39
Help Prevent Surgical Site Infections

**Talk to Your Health Care Provider**

Ask your doctor what you can do to reduce your risk for a surgical site infection. Here are some steps you can take:

- Stop smoking before or after surgery—tobacco smoking can decrease the amount of blood, oxygen, and nutrients that go to the surgical site. Smoking after your surgery will decrease your wound healing and increase your risks. Visit [facs.org/education/patient-education/patient-resources/prepare/quit-smoking](http://facs.org/education/patient-education/patient-resources/prepare/quit-smoking) online for the American College of Surgeons’ resources to quit smoking before surgery.

- Discuss your medical history with your surgical team, especially if you have diabetes or another chronic illness.

- Do not shave the skin area that the surgeon is planning to operate through.

- Visitors should wash their hands or use a 60% alcohol-based hand gel before visiting. Friends and family should not touch your wound or surgical site unless they have been trained to do so.

- Carefully follow your doctor’s instructions about wound care after your surgery.

Talk to your doctor about how to prevent a surgical site infection.
When to Call Your Doctor

Call your doctor if you experience any of these signs:

- Increased drainage or bleeding that won’t stop with direct pressure
- Redness in or around the wound
- Wound tissue that changes from pink to white, yellow, or black in color
- Foul odor or pus coming from the wound
- Increased size or depth of the wound
- Increased swelling around the wound
- Fever about 101°F (38.3°C) or shaking/chills
- Pain at the wound site that does not go away, even after taking pain medicine
- If the wound has split open
- If your stitches or staples have come out too soon (see chart on pg. 10)

You can take pain medications, such as ibuprofen, as directed by your doctor for pain at the wound site.

Follow up with your doctor to make sure the wound is healing properly.
Resources

Your Discharge Plan .............. 42
Check Your Knowledge ........... 43
References ....................... 44
Wound Care Resources ........... 45
Acknowledgments ............... 46–47
Your Discharge Plan

Medical Professionals’ Contact Information

My surgeon:
Name ____________________________
Number ____________________________

My home health nurse:
Name ____________________________
Number ____________________________
Other contacts ____________________________

Your Wound Care

I need to clean my wound and change my dressing _____/day.

Wound and dressing changes at _____/_____/_____.

My pain medication is ____________________________.

I need to take my pain medication _____ hours before cleaning my wound or changing the dressing.

My wound care supplies are ____________________________

Instructions for cleaning your wound ____________________________

Have your supplies ordered before you leave the hospital. It may take 1 to 2 days for them to arrive. Leave the hospital with several days of supplies in case there is a delay.

Supplies may be ordered through a local medical equipment store, pharmacy, or a national internet order company. Check with your insurance company to see if they have preferred providers. You may need a prescription for your wound care supplies and pain medication. If you have home health, they may order your supplies. Check with your hospital discharge planner about coverage for the supplies you need.

Notes

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________

____________________________________
Check Your Knowledge

Question 1
After surgery, your wound may take longer to heal if

A. You are a smoker
B. You have a condition like diabetes
C. You are taking a steroid medication
D. All of the above

Question 2
Sutures used in wounds on the trunk and legs usually need to be removed after

A. 10 to 14 days
B. 3 days
C. 5 days
D. 21 days

Question 3
Which of the following is true?

A. You can usually swim 48 hours after your surgical wound is closed
B. You may usually use tap water to clean your wound
C. Dry gauze is the best dressing for a dry wound
D. If your hands are visibly dirty before wound care, apply a 60% alcohol-based hand gel

Question 4
The best type of dressing to apply to a wound that is draining is

A. An absorbent dressing
B. A debriding dressing
C. An antibacterial dressing
D. A protective dressing

Answers: Question 1: D  Question 2: A  Question 3: B  Question 4: A
References


Wound Care Resources

Founding Organization
American College of Surgeons Surgical Patient Education Program
800-621-4111
surgicalpatienteducation.org

Collaborative Organizations
ACS Advisory Council for General Surgery
ACS Advisory Council for Pediatric Surgery
American Burn Association
ameriburn.org
American College of Wound Healing and Tissue Repair
acwound.org/patients.php
Association of periOperative Registered Nurses (AORN)
aorn.org
American Association for the Surgery of Trauma
aast.org
American Society of Plastic Surgeons
plasticsurgery.org
Wound, Ostomy and Continence Nurses Society™ (WOCN®)
wocn.org
Wound Healing Society
woundheal.org

Additional Resources
Advanced Tissue
advancedtissue.com/the-best-and-worst-ideas-for-open-wounds
Association for the Advancement of Wound Care (AAWC)
Wound Patient/Caregiver Resources
aawconline.org/wound-patientcaregiver-resources
WOCN® Society™
Patient Information section
wocn.org/?page=PatientResources
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Provider Information: