

PLASTIC SURGERY CENTER OF ST. JOSEPH, INC.
MICHAEL D. DE PRIEST, M.D.

LEG WOUND CARE INSTRUCTIONS

WOUND CARE SUPPLIES

4 by 4 gauze pads (cotton)
Saline solution
Tape
4 inch Ace wrap

INSTRUCTIONS

- ◇ Wash your hands.
- ◇ Moisten a 4" x 4" gauze pad with saline solution.
- ◇ Mold the gauze into the wound. You may cut a gauze pad in half to fit the wound.
- ◇ Place a dry 4 by 4 pad over wound and tape in place.
- ◇ Wrap your leg with a 4-inch Ace wrap. Start at the toes and wrap upward to the knee. Wrap tighter at the toes than at the top of the leg. Wrapping this way helps control swelling and improves your circulation back to the heart.

Follow these instructions for wound care _____ times each day.

Remove your dressing for a shower or bath each day. Let the soapy water run over the wound to clean it. Then follow the above wound care instructions to redress the wound.

Keep your legs elevated when sitting.

Call 816-364-6446 if you have questions about the dressings or if you need help in doing the dressings.