



Tuality Orthopedic, Sports, Spine & Rehabilitation Center

A member of the Tuality Healthcare family.

Dr. Jakub Langer's Wound Care Instructions

- Your wounds will heal faster if you follow the following instructions for soaking. By soaking a wound, the dried blood and skin around the incision or wound is softened and cleaned, and any bacteria or foreign material in the wound is allowed to drain out.
- Start by dispensing some warm tap water into a clean basin. Add 1-2 pumps of antibacterial liquid soap to the basin as it is filling to allow for foam to build up.
- Place your wound into the warm soapy bath. If the previous dressing has stuck on to the wound, use scissors to cut off as much as possible and then place the wound with the dressing into the water bath and soak the remainder of the dressing off. You can slowly peel it away. If you have packing in your wound, remove it gradually while you soak.
- Soak the wound for 5-10 minutes.
- You can do your motion exercises (move your fingers) in the water bath. This will also help express any bacteria from the wound.
- Remove your hand from the water and pat dry.
- If you are packing your wound with gauze, do this now with clean forceps or Q-Tip. This is done to keep the wound open so that it can drain. Do so only if instructed by the Doctor.
- Now, replace your dressing, preferably with non-adherent gauze to the wound itself so that the dressing does not stick to the wound as much.
- Repeat this process 2-3 times a day. You can count a warm shower as one of your soaks. Just let the water run over the wound while standing in the shower.

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