Dr. Yousef Nafal, DPM
FOOT & ANKLE SURGEON

Questions? Call
(734) 667-3714

HOME CARE

Wound dressing changes

Change your dressing as often as Dr. Nafal tells you. Clean hands and a clean work area help prevent infection.

Your dressing plan (Dr. Nafal will fill this in)

How often: ☐ Every day ☐ Every 2 days ☐ 3 times a week ☐ Other: _____

Clean with: ☐ Saline (salt water) ☐ Mild soap and water ☐ Other: _____

Put on the wound: _____

Cover with: _____

Step by step

1

Get ready.
Clean a table and lay out your supplies. Open packages without touching the inside.

2

Wash your hands
with soap and water for 20 seconds. Put on gloves if you have them.

3

Take off the old dressing.
Pull slowly, toward the wound. If it sticks, wet it with saline. Throw it away in a bag.

4

Wash your hands again
and put on new gloves.

5

Clean the wound
with what you were told to use. Start in the middle and wipe outward. Pat dry with gauze.

6

Look at it.
Check the size, color, drainage and smell. Compare with last time.

7

Put on the new dressing.
Only touch the edges. Don't touch the side that goes on the wound.

8

Tape and finish.
Tape the edges. Throw away the trash and wash your hands.

9

Write it down.
Note the date and what you saw. Bring your notes to your visit.

Usually normal

- ✓ Pink or red tissue in the wound
- ✓ A small amount of clear or light yellow drainage
- ✓ Edges slowly getting closer together
- ✓ Mild soreness that improves each day

Not normal: call us

- ✗ Thick, cloudy, yellow or green drainage
- ✗ A bad smell after cleaning
- ✗ Black, gray or white tissue
- ✗ Red, hot skin spreading around the wound

Keep pressure off

- Pressure slows healing. Wear the shoe, boot or padding Dr. Nafal gives you.
- Limit walking and standing as told.
- Raise your foot when you sit.

Help it heal faster

- Eat protein at every meal (eggs, fish, chicken, beans, yogurt).
- If you have diabetes, keep your blood sugar in range.
- Don't smoke or vape.

Keep it clean and dry

- Cover the dressing with a plastic bag or cast cover to shower.
- Don't soak the wound in a tub, pool or hot tub unless told to.
- Don't use peroxide, alcohol or iodine unless Dr. Nafal tells you to.

Supplies

- Keep extra supplies at home.
- Store them in a clean, dry place.
- Call us before you run out.

⚠ Call us the same day if you have

- Redness or swelling that spreads
- Thick yellow or green pus, or a bad smell
- The wound gets bigger, deeper or darker
- More pain than before
- Fever over 100.4°F or chills
- Bleeding that doesn't stop after 10 minutes of pressure

Call 911 or go to the emergency room for heavy bleeding, confusion, or a high fever with a red, hot leg.