

## Procedure #10: Applying a Dry Dressing

### Equipment

- Clean exam gloves
- Container for proper disposal of soiled dressing
- Sterile 4 x 4 gauze pads
- Washcloth (optional)
- ABD pads (optional)
- 2-inch tape (foam or paper)

### Action

1. Gather supplies (Gauze sponges, clean gloves, tape, and antiseptic solution are used to change a dry dressing).



2. Provide privacy; draw curtains; close door.
3. Explain procedure to client.
4. Wash hands/hand hygiene.
5. Apply clean exam gloves.



6. Remove dressing and place in appropriate receptacle. Remove soiled gloves with contaminated surfaces inward and discard in appropriate receptacle; apply clean gloves



Fundamentals of Nursing -Practices -1<sup>st</sup> Stage -1<sup>st</sup> Semester  
Tutor M.Sc. Mustafa Al-shammari

7. Assess the appearance of the undressed wound bed for healing.



8. Cleanse the skin around the incision if necessary, with a clean, warm, wet washcloth.

- If the suture line requires cleansing, it should be done gently. Use normal saline, half-strength hydrogen peroxide, or Betadine swab (consult orders of health care provider and/or institution policy regarding antiseptic agents) and cotton-tip applicators using a rolling motion.
- Used applicators should not be reintroduced into the sterile solution



9. Remove used exam gloves.



10. Wash hands/hand hygiene.

11. Set up supplies.



Fundamentals of Nursing -Practices -1<sup>st</sup> Stage -1<sup>st</sup> Semester  
Tutor M.Sc. Mustafa Al-shammari

12. Apply a new pair of clean exam gloves.



3. Grasping just the edges, apply a new dressing using 4x4 gauze pads folded in half to the 2x4 size. Place the folded gauze pad lengthwise on wound and tape lightly, or apply tubular mesh for those with sensitive skin. Initial the dressing, citing date and time changed.



14. Remove gloves and dispose of appropriately, then wash hands/hand hygiene.

15. Conduct client and family education session about the dressing, which may include teaching the dressing technique to the client and family.

Fundamentals of Nursing -Practices -1<sup>st</sup> Stage -1<sup>st</sup> Semester  
Tutor M.Sc. Mustafa Al-shammari

**PROCEDURE CHECKLIST**  
**Removing and Applying Dry Dressings**

Check (✓) Yes or (✗) No

<b>PROCEDURE STEPS</b>	<b>Yes</b>	<b>No</b>	<b>COMMENTS</b>
<b><i>Removing Old Dressing and Cleansing Wound</i></b>			
1. Places the patient in a comfortable position that provides easy access to the wound.			
2. Washes hands and applies clean gloves.			
3. Loosens the edges of the tape of the old dressing. Stabilizes the skin with one hand while pulling the tape in the opposite direction.			
4. Beginning at the edges of the dressing, lifts the dressing toward the center of the wound.			
5. If the dressing sticks, moistens it with 0.9% (normal) saline before completely removing it.			
6. Assesses the type and amount of drainage present on the soiled dressing.			
7. Disposes of soiled dressing and gloves in a biohazard bag.			
8. Removes the cover of a tray of sterile 4×4 gauze. Moistens the gauze with sterile saline.			
9. Applies clean gloves.			
10. Gently cleanses the wound with the saline moistened gauze by lightly wiping a section of the wound from the center toward the wound edge.			
11. Discards the gauze in a biohazard receptacle and repeats in the next section, using a new piece of gauze with each wiping pass.			
12. Discards gloves and soiled gauze into a biohazard bag.			
<b><i>Applying the Dry Dressing</i></b>			
1. Washes hands.			
2. Opens sterile gauze packages on a clean, dry surface.			
3. Applies clean gloves.			
4. Applies a layer of dry dressings over the wound; if drainage is expected, uses an additional layer of dressings.			
5. Removes gloves, turning them inside out, and discards in a biohazard receptacle.			
6. Places strips of tape at the ends of the dressing and evenly spaced over the remainder of the dressing. Uses strips that are sufficiently long to secure the dressing in			