

**CENTRAL FLORIDA BREAST CENTER**  
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**Wet-to-Dry Dressing Instructions**

**This dressing is used to remove dead tissue that keeps your wound from healing properly, It will allow your wound to heal from ‘the inside out.’ It is changed every 12 hours (twice each day) until your wound is healed. (Healing times will varyu from person to person). You will wait until the first dressing is DRY (about 12 hours) then remove it. So NEVER, NEVER dampen the dressing before removal or you will defeat the whole purpose of the dressing!**

**Supplies You Will Need:**

- Normal Saline (you will get a prescription)
  - 4x4 Gauze
  - Wood q-tips (the long ones)
  - Vinyl or Latex Gloves
  - 12-ml syringe
  - towel or emesis basin
1. Wash your hands. **ALWAYS** wash your hands *before* and *after* cleaning your wound!
  2. Lay out all of the supplies you will need on a clean paper towel. Always get out what you will need *before* you start.
  3. Put on you gloves.
  4. Pour some of the normal saline into the lid from the container. Draw up the normal saline into the syringe.
  5. Forcefully expel the normal saline into the wound from the syringe to clean the wound bed. Do NOT touch the tip of the syringe to the wound edges or the wound bed or with your fingers. Do this over a sink, the towel, or the emesis basin (to catch the normal saline and ‘other’ contents).
  6. Take a gauze pad and open it completely up and then crumple it into your dominant hand. Pour a small amount of normal saline over the gauze to dampen it. Squeeze out excess. This must only be slightly damp, not too wet!
  7. Open the gauze back up and carefully pack it into the wound so that each corner of the wound has a bit of the gauze touching it. You may use the q-tip to help push it into place. **NEVER FORCE IT INTO A TIGHT SPOT!**
  8. Place dry gauze over the damp gauze and tape loosely into place. **NEVER** cover completely with tape.
  9. You will need to change this dressing every 12 hours.
  10. If you notice that the edges of the wound are bright, flaming red, you have a fever over 101.5, you have thick/green/foul-smelling drainage or other signs of infection, please notify us **IMMEDIATELY!!** Office: (407) 740-5127