

Saline Soaks

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STERILE SALINE SOAKS

1. Boil 1 pint of water for 10 minutes.
2. Stir in 2 tablespoons of salt.
3. Let cool to lukewarm temperature.
4. Soak 10-15 minutes once a day
5. Re-bandage using “sterile technique”.
6. Apply appropriate ointment where indicated.

STERILE TECHNIQUE TO RE-BANDAGE

1. Purchase gauze that is individually wrapped and marked sterile as well as Micropore tape.
2. Wash your hands thoroughly.
3. Keep gauze dry.
4. **DO NOT** touch the side of the gauze that will be next to your skin. This prevents contamination.
5. Use Micropore tape to hold gauze in place.

If you have any questions or problems, please do not hesitate to call the office (836-7156).