



STEVEN D. LIN, MD

ORTHOPAEDIC SURGEON
HAND AND UPPER EXTREMITY SPECIALIST

CONGRESS ORTHOPAEDIC ASSOCIATES

289 W. Huntington Dr. Suite 103
Arcadia, CA 91007
(626) 821-0707
www.StevenLinMD.com

WOUND CARE

- ↑ Wash and dry the hand that will be doing the cleansing and dressing.
- ↑ Wipe scissors with rubbing alcohol and place all your supplies on a clean surface.
- ↑ Rinse your wound with
 - ↑ Sterile saline OR ↑ Soap and water OR
 - ↑ 50:50 mix of hydrogen peroxide/luke warm water
- ↑ Soak your wound for 5-10 minutes three times a day. Use a clean glass and use:
 - ↑ Sterile saline **OR** ↑ Sterile saline and Hydrogen Peroxide (50/50 mix) **OR**
 - ↑ Hydrogen Peroxide (100% strength) **OR**
 - ↑ Hydrogen Peroxide (100% strength) and rinse with sterile saline when finished soak.
- ↑ Pat dry with a gauze sponge
- ↑ Cover the area with the following dressings:
 - ↑ sterile gauze
 - ↑ Secure with tape.

Taking care of your skin and helping yourself heal:

- ↑ Change the dressings if they become moist as too much moisture can cause the wound to become larger or infected.
- ↑ Move the joints in your injured arm that you are allowed to move.
- ↑ Eat a healthy diet. Avoid nicotine and excessive caffeine that cause constriction of your blood vessels and delays healing.

Other products you may use/other instructions:

Notify your physician if you have signs of infection including: significant pain, drainage/pus increases from incision or pins, there is a foul odor, redness develops around the pin sites, you have a fever or red line is noted traveling up your arm.