

Introduction to Changing a Dry Sterile Dressing Check-Off (Instructor Resource)

PREPARATION:

Supplies:

- Sterile gloves
- Clean gloves
- Mask
- Gown
- Disposal receptacle for used dressings
- Dressing supplies, as needed
- Micropore tape
- Sterile normal saline, optional
- Package sterile cotton swabs, or 4 x 4 pads
- Bath blanket or sheet

Optional: Evaluate the student's ability to change a dry, sterile dressing using the check-off. May score via points or satisfactory/unsatisfactory.

After the demonstration, have students practice changing a dry sterile dressing on the model using the following steps:

Introduction to Bandaging and Wound Care

1.	Follow the appropriate preparation steps.	
2.	Don clean gloves.	
3.	Remove the tape slowly by pulling it toward the wound.	
4.	Remove the soiled dressings and dispose of them in the proper receptacle.	
5.	Assess the color of the incision.	
6.	Remove clean gloves and discard.	
7.	Move overbed table next to the working area.	
8.	Don sterile gloves.	
9.	Cleanse the incision area with sterile swabs or 4 x 4 pads soaked in normal saline, according to facility policy. Cleanse from the incision line outward, cleaning from top to bottom using each swab only once. Discard swabs or 4 x 4 pads in a disposal bag.	
10.	Place 4 x 4 gauze pads over incision area, being careful not to touch incision or client with your gloves.	
11.	Place the abdominal pad over the incision, being careful not to contaminate the gloves.	
12.	Remove gloves and discard.	
13.	Tape the dressing securely.	
14.	Discard trash in the appropriate receptacle.	
15.	Lower the bed and raise side rails. Position client for comfort.	
16.	Perform hand hygiene.	
	Score	