

# Wound Care on a Budget by Sheldon Goldberg, MD, CMD

## Wound Care

- o Scalpels: 10, 11 & 15 currettes disposable
- o Suture removal kits
- o 4x4's / 2x2's woven large packs
- o Saline bullets/1 L bottles
- o Compression wraps or Una Boots
- o Disposable punch Bx's
- o Xeroform gauze
- o Vaseline gauze
- o ABD pads
- o Betadine swabs/ wipes
- o ETOH wipes
- o Dakin's solution
- o Tape: Paper, plastic & cloth
- o Hydrocolloid dressings 4x4 & larger
- o Boarder gauze
- o Kerlex
- o ACE bandages 4"
- o Packing gauze: Plain & Iodoform
- o Sensi-ceacare 3
- o Aquaphor ointment
- o Atractane (any urea containing ointment)
- o Antifungal powder
- o Steri strips
- o Ca Alginate dressings with/without silver or Aquacel
- o Honey Product
- o Tegaderm
- o DME: Royce shoe, positioning wedges
- o Foam heel boots
- o AgNo<sub>3</sub> sticks
- o Coban (from the pet store- less \$)
- o Collagen dressing
- o 2% Lidocaine gel

## Wound Care Pearls

- All Stable (no flocculence, redness, or drainage) eschar- keep dry with Betadine or ETOH and get pressure off
- Xeroform Gauze -ONE LAYER ONLY
- NO TELFA!!!
- Get all callus off wound edges
- Stasis ulcers must have compression to heal
- Arterial wounds: must have vascular studies
- Nutrition PB&J 10 cents each ½
- Honey moisturizes for autolytic debridement 1 site on helix
- Collagenase is the only debridement agent 7 sites on helix
- Very painful wound + ESRD = Calciphylaxis
- Wound worse after debridement = Pyoderma Gangrenosum
- Ca Alginate can be used for hemostasis
- DTI- talk with family and explain possibilities
- Kennedy ulcer = terminal skin failure, not preventable
- Skin fold breakdown prevention = antiperspirant AlCl<sub>3</sub>