

# PodiatryCare, P.C. *and the* Heel Pain Center

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## **Dr. Laura C. Vander Poel**

Certified Wound Care Specialist

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## **SALINE DRESSING CHANGES**

### Instructions:

Wet one 2 x 2 or 3 x 3 sterile gauze with sterile saline (sodium chloride) solution.  
Place the gauze on the wound and then apply another dry 2 x 2 gauze on top of the wet one.

Wrap the foot with a roll of gauze, secure with paper tape.

Dressing changes should be done twice a day, unless told otherwise.