



Bandage And Dressing Care

If you have a wound or incision, it is best not to touch the open skin. Instead, try to simply loosen the Ace wrap without fully removing the dressing.

If your fingers feel cold, numb or become discolored:

If your Ace wrap or dressing feels too tight, you may loosen it to relieve pressure.

Loosen dressing;

Open and close hand gently to help return the fluid back into circulation;

Elevate injured extremity above heart level;

Ice the involved extremity for 20 minutes every hour – do not leave ice pack in place for longer than 20 minutes as it may damage the skin;

If the measures listed above fail to help and you are concerned, please call our office at (479)750-6269. If it occurs outside of our normal office hours, go to the nearest emergency room or call Northwest Medical Center at (479)751-5711 and ask the operator to contact the physician on call for Dr. Mark Powell.

Bandages (dressings):

If your bandage becomes too tight, you may loosen it to relieve pressure.

If your bandage gets wet or soiled, notify our office and we will either instruct you on the proper way to change your bandage or we will have you come in to the office for a dressing change.

If you have any problems or questions, please feel free to call our office at (479) 582-4647 between the hours of 8:30 a.m. and 4:30 p.m., Monday – Friday. If you have an emergency outside of our normal office hours, go to the nearest emergency room or call (479) 571-7810.