Foam Dressing

Foam dressings will absorb drainage and they are easy to remove and apply. These dressings may come in pads, sheets or as a spray. This type of dressing is used for many kinds of wounds. You may hear product names such as Curafoam, Allevyn, Flexzan, Lyofoam or Polymem. This kind of dressing can absorb large amounts of drainage. It can help keep the wound moist and aids healing. You may need to use tape, a gauze wrap or netting to hold this dressing in place.

**The dressing will need to be changed:**

- Every day
- Every ____ days
- When it comes loose or gets dirty or wet

**Steps to follow**

1. Wash your hands with warm water and soap for at least 15 seconds. Rinse with warm water and towel dry.
2. Gather your supplies:
   - Clean washcloth and towel
   - Non sterile gloves
   - Warm water and soap
   - Foam dressing
   - Paper tape
   - Gauze wrap if needed
   - Plastic trash bag
   - Gauze pads if needed for cleaning wound
3. Remove your old dressing. Wear gloves if the dressing is wet with drainage.
4. Place the old dressing and gloves in the plastic trash bag.
5. Put on a clean pair of gloves.
6. Gently clean the wound with a washcloth, warm water and soap. If your wound starts to bleed, you are cleaning too hard. Rinse with water and pat dry with a clean towel. Be sure to dry well.
7. Check the wound for signs of infection. Call your doctor or nurse if you have:
   - Skin around the wound is more red, swollen, or feels hot
   - Wound smells bad
   - Pus drainage
   - Temperature above 100.5 F
8. Open the dressing package. Follow the directions on the dressing package. One side may be marked to go against the wound surface. The foam should be an inch larger than the wound.

9. Tape the edges with paper tape to hold it in place. Use gauze to wrap around the foam to hold it in place for a leg or arm wound.

10. Put your supplies away.

11. Wash your hands again. Rinse and towel dry.

**Stop using the dressing if:**

- The wound has healed.
- You develop a local irritation or rash. Call your doctor or nurse if this happens.

**Cautions:**

Store your foam dressing in a clean plastic bag at room temperature.