Hydrocolloid Dressing

This kind of dressing is used for many types of wounds. Made with gelatin, these dressings mold to skin folds, and they stick to the skin. This kind of dressing cannot absorb large amounts of drainage. It protects your wound, keeps the wound moist, helps healing, and can help in removing dead skin tissue from the wound.

Hydrocolloid dressings come in various shapes and sizes. These dressing will be cloudy and are not easy to see through. You may hear product names such as Duoderm CGF, Actiderm, Comfeel, or Hydrocol.

The dressing will need to be changed:
- Every _____ days
- When it comes loose or the edges get curled or hard

How to store your dressing
Store your dressing in a clean plastic bag at room temperature.

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
   - Hydrocolloid dressing
   - Paper tape
   - 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. Wash your hands again with soap and water.
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 that is more red, swollen, or feels hot
   - A wound that smells bad
   - Pus drainage
   - A temperature above 100.5 degrees F or 38 degrees C

8. Open the hydrocolloid dressing package. Cut the dressing to fit the wound. Allow about 1 ¼ inch border of the dressing beyond the edge of the wound. If the dressing is to be placed on your tailbone, also called your coccyx, keep a larger size to have more area to stick on the skin. This may help reduce wrinkles and peeling.

9. Peel the paper or plastic off the sticky side of the dressing.

10. Put the dressing over the wound. Smooth it as you place it, so there are no wrinkles. This also helps the adhesive stick to the skin.

11. Put your supplies away.

12. 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.

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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