

# Nexcare™ PRODUCTS

## How to care for wounds and after-surgery incisions

### Take the worry out of wound care

*Undergoing surgery or caring for wounds can knock you off the normal track of your life. Fortunately, there's a lot you can do to get yourself back to normal as soon as possible.*

*This guide offers generally accepted advice for treating a range of common wounds or after-surgery conditions. And it recommends specific Nexcare™ Products that are designed to help optimize your comfort. For example, many Nexcare™ Dressings are waterproof, so you can shower or bathe more often. Other Nexcare products are highly conformable, so they're more comfortable under your clothing.*

*Nexcare products can be the single source for all your wound care product needs—and an important part of a speedy recovery.*

### After-surgery incisions

- Do not wash the area for at least 24 hours after surgery and be sure to follow your doctor's instructions carefully.
- Check the wound daily for signs of infection, such as: redness or swelling, pain or itching, fever, yellow or green discharge. If signs occur, contact your doctor.
- Be sure to wash and dry your hands thoroughly before handling your wound.
- If your wound is covered with adhesive surgical strips, do not remove them. Leave them in place until they loosen or fall off on their own.
- For new incisions, use the Nexcare™ Incision Care Kit to clean, protect and cover your wound. These hospital-quality kits contain everything you typically need to care for your incision until it heals including waterproof, breathable dressings.
- For freshly healed incisions, try the Nexcare™ Scar Care Kit. The three step process protects, supports and covers your wound to help improve cosmetic results and the dressing is clear for a discreet look.



### Cuts, scrapes and abrasions

- Cleanse the affected area and dry thoroughly.
- If your wound has moderate to heavy drainage, cover with a highly absorbent gauze pad like Nexcare™ High Performance Gauze to keep fluids from soaking through.
- For light to moderate draining wounds, look for a waterproof and breathable covering that holds securely yet conforms to the skin.
- If you have a minor deep cut, be sure to clean the wound and close securely with breathable Nexcare™ Steri-Strip™ Skin Closures which will reduce the risk of infection and provide better cosmetic results. See a physician for more severe cuts that could require sutures.
- Be sure to change the dressing or bandage if it becomes wet or dirty.
- Observe the condition of the wound daily for signs of infection. If infection occurs, contact your physician.
- Nexcare™ Tegaderm™ Transparent Dressings will help keep your scrape or abrasion moist to improve healing. Studies have shown that when a wound is kept moist and not allowed to scab over, it is less painful and heals faster.

### Blisters and minor burns

- For blisters, DO NOT break the blister. If blister is open or broken, cleanse and remove all dirt from the area, then dry thoroughly.
- For burns, immediately cool the burn under cold water or ice until the pain subsides (approximately 20 minutes). Gently blot dry with a sterile gauze or clean cloth.
- Apply an antiseptic spray or ointment, if desired.
- Protect the blistered or burned area with Nexcare™ Tegaderm™ Transparent Dressing, Nexcare™ Premium Adhesive Gauze Pad or Nexcare™ High Performance Gauze with adhesive tape.
- Observe the blister or burn daily and change dressings as needed.
- **IMPORTANT:** For more serious burns where the skin becomes white or charred, do not apply water, antiseptic sprays, ointments or home remedies. Call your physician immediately.

# FAQs

**Q.** When should I change a dressing?

**A.** Long-wear sterile dressings such as Nexcare™ Tegaderm™ Transparent Dressings can be worn for up to seven days. You will need to change the dressing sooner if it no longer sticks to the skin, the inside pad gets wet or holes form in the dressing. Check with your nurse or doctor immediately if you notice any sign of infection such as fever, pain, redness, swelling, or unusual odor or fluid.

**Q.** Can I get my wound wet?

**A.** It is best to keep your wound as dry as possible during activities such as bathing and swimming. For minor cuts, scrapes or abrasions, always pat dry with a clean towel. For after-surgery incisions, use waterproof dressings which will allow you to shower and bathe while protecting the wound.

**Q.** Can I use the Nexcare™ Incision Care Kit over stitches or staples?

**A.** Yes, but use extra caution when removing the dressing so you don't pull off the strips or pull out the stitches. Always follow any instructions given by your doctor or nurse that may be specific to your wound.

**Q.** Will my skin get irritated from the dressing adhesive?

**A.** Changing dressings can often irritate some skin types. To minimize irritation, use a skin protectant such as Nexcare™ Skin Protectant Swabs, found in the Nexcare™ After-Surgery Care Kits. Just apply a thin protective coating over your skin around the wound. This waterproof barrier protects the skin from body fluids, adhesives and friction.

**Q.** Why is it important to continue supporting my incision once it's healed?

**A.** Even though the surface tissue of an incision can heal within days, the underlying tissue can take 6-12 months to completely heal. By supporting and covering the wound during this time using Nexcare™ Steri-Strip™ Skin Closures or Nexcare™ Scar Care Kit, you allow the underlying tissue to heal properly and improve cosmetic results. Note that cosmetic results may vary by individual.

**Q.** What if I am having a hard time removing the Nexcare™ Tegaderm™ Transparent Dressing?

**A.** If you have trouble lifting up the edge, apply a piece of Scotch® Tape to the edge of the dressing and gently lift up.

## Nexcare™ Wound Care Product Selection Guide *Always clean hands first!*

### Wound Type

	Scrape/Abrasion	Minor Burn/Blister	Cut	After-Surgery Incision
<b>Clean</b>	Wound Cleanser	Wound Cleanser	Wound Cleanser	Incision Care Kit
<b>Absorb and/or Cover</b>				
<b>Moderate to Heavy Drainage</b>	Non-Stick Pads or High Performance Gauze with Surgical Tape	Non-Stick Pads or High Performance Gauze with Surgical Tape	Non-Stick Pads or High Performance Gauze with Surgical Tape	Incision Care Kit (moderate only)
<b>Light to Moderate Drainage</b>	Tegaderm™ Transparent Dressing or Absolute Waterproof Premium Adhesive Pad or Premium Adhesive Gauze Pad	Tegaderm™ Transparent Dressing or Absolute Waterproof Premium Adhesive Pad or Premium Adhesive Gauze Pad	Absolute Waterproof Premium Adhesive Pad or Premium Adhesive Gauze Pad	Incision Care Kit
<b>Continued Support</b>	Not Needed	Not Needed	Steri-Strip™ Skin Closures or Scar Care Kit	Steri-Strip™ Skin Closures or Scar Care Kit
<b>All-in-One Care</b>	Incision Care Kit	Incision Care Kit	Incision Care Kit or Scar Care Kit	Incision Care Kit or Scar Care Kit

### Nexcare™ Surgical Tape Guide

	Lower Adhesion	Moderate Adhesion	Higher Adhesion	Very High Adhesion
<b>Dry Skin</b>	Gentle Paper	EZ Tear Paper	Durable Cloth EZ Tear Paper Flexible Clear	Durable Cloth
<b>Normal—Damp Skin</b>	Durable Cloth	Flexible Clear EZ Tear Paper	Gentle Paper Durable Cloth Flexible Clear	—

*Feels better. Is better.™*