

## Dressing options for wounds

The dressings used in the hospital may not be available at home or covered by your insurance.

Below are some ideas of things you can use for dressings at home. Some can be washed and used over and over. All of them cost less than regular dressings. Be creative! Remember, it is important that the dressing completely cover the wound to help keep it clean.

### What kinds of dressings can I use with antibiotic ointment or Silvadene?

- Cheese cloth from fabric stores or grocery stores.
- Clean cotton fabric such as old bed sheets or t-shirts.
- Disposable washcloths can be cut to the size needed.

### What can I use to hold dressings in place?

#### Burns on the hands:

Any knit glove will do. Cut the fingertips off the glove for more use of the fingers. Gently put it over the hand dressings to help keep them in place.



#### Burns on the arms or legs:

Leggings, tights, tube socks, or panty hose. Cut off the foot ends to use on either the arms or legs.

#### Burns to the back or belly:

Onesies, t-shirts or tank tops. All of these help hold the dressing in place, especially if they are a little small. Ace wraps® also work.



#### Burns to the thigh:

Snug underwear, tights, biking shorts

### What can be used to soak up wound drainage?

Non-fragranced maxi pads, breast pads or large absorbent dressings called ABD pads.

### Where can I get these products?

Dollar Tree®, Dollar General®, Walmart®, Walgreens®, CVS®, Target®, Amazon®

**ALERT:** Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**