

# SELF CARE KITS FOR LARGE OR CHRONIC WOUNDS

Supplies fit in a 12" x 12" plastic zip bag to keep clean and dry

Adapted for people without access to hygiene facilities

Enough supplies to bandage large wounds on both legs

Flexible for other types of large or heavily draining wounds

Instructional handouts or specialty dressings can be added to the kit by clinical care team



# WHAT GOES IN A WOUND CARE KIT?



step  
**3**

**CLEAN WOUND +  
SKIN**

step  
**4**

**ADD MOISTURE**

step  
**6**

**SECURE THE  
BANDAGE**

step  
**5**

**ABSORB +  
PROTECT**

step  
**2**

**MAKE A CLEAN  
SURFACE**

step  
**1**

**CLEAN HANDS**

# WHAT GOES IN A WOUND CARE KIT?

**Hand hygiene:** Hand sanitizer individual packets or soap if water is available. Nitrile or vinyl gloves, especially if a friend will be helping the client with their wounds.

**Make a surface to set clean items on:** Puppy pads or incontinence under pads are nice because they are clean, absorbent, and waterproof. Dental bibs are less expensive but smaller and not as absorbent. Alcohol wipes can be used to clean hard surfaces and tools like bandage scissors.

**Clean the skin around the wound:** Bath / baby wipes. Alcohol- and fragrance- free is ideal.

**Clean the wound:** Saline wipes (sometimes sold for piercing after-care), wound wash, saline and gauze, or soap and water. Avoid hydrogen peroxide or alcohol on wounds, they harm new skin cells.

**Add moisture (if needed):** something like bacitracin ointment, xeroform, or petrolatum ointment (Vaseline, Aquaphor, A+D ointment, etc). Bacitracin and xeroform will inhibit bacteria growth. Advise against products containing neomycin because many people are sensitive / allergic.

**Protect intact skin from drainage:** zinc oxide paste (diaper rash cream) protects intact skin from getting damaged from the drainage coming out of a wound. Petrolatum (Vaseline, Aquaphor, A+D) helps if the skin around the wound is dry, peeling, itchy.

**Absorb drainage and protect the wound:** Super absorbent pads, ABD pads, menstrual pads. Super absorbent pads move moisture away from the wound and can stay on wounds that are draining longer than non-stick or ABD pads. ABD pads are much less expensive, but will likely need to be changed daily. Maxi pads are an inexpensive DIY option.

**Secure the bandage to the body:** roll gauze, tape, ace wraps, surgical elastic netting. We don't recommend cohesive bandages (like Coban) for general outreach. Cohesive bandages can cause injury and cut off blood supply and should only be used if recommended by a healthcare provider.

**Other things to consider:** Socks sold for people with diabetes / neuropathy / lymphedema are stretchy and good for over a wrap. Hand warmers can be put on an abscess to encourage it to drain. Scissors for cutting old dressings off. Skin marker to monitor for spreading redness. Trash bag.