

Wound Ostomy cheat sheet

1) Superficial wounds:

a) Superficial pressure ulcers – ok to use SensiCare Protective Barrier ointment bid & prn, also order the Aloe Vesta Foam Cleansing to clean peri area and to remove the SensiCare ointment

b) Superficial pressure ulcer with dry base needing a dressing – Carrasyn gel (hydrogel) with covaderm dressing daily

c) Superficial pressure ulcer with wet base needing a dressing – Copa foam dressing every changed every 2-3 days

2) Yeast rash – in peri area – use either Miconazole powder bid & prn or if C diff or open skin – use Miconazole ointment bid & prn

3) Itchy skin – Sarna lotion

4) Abscess with depth – can use Iodoform gauze packing changed daily or qod; or Aquacel AG rope – left 3-7 days

5) Pressure areas – not friction related, Duoderm and leave for 3-7 days; doesn't work if they will get rubbed off – then get friction wounds

6) 1st and 2nd degree burns – small areas, ok to use Biafine 4 x daily –no cover usually – can cover if needed; or Silvadene cream bid with cover

7) Oozing rash – itchy – Calamine or Caladryl lotion, or Benadryl lotion

8) DM lower legs – dry, thick, scaling skin – Urea cream at least 10%

9) MIST therapy available in Emerald Clinic – RN does, can use for burns – 1st & 2nd degree, abscesses, infected wounds, painful wounds, 3 x week; especially good for early pressure – purple areas

10) Abrasions – Calmoseptine ointment bid & prn for large areas, or triple antibiotic for dirt related, Bacitracin – and bandaid for small areas

11) MRSA wound – superficial – Mupirocin 2 % ointment bid with cover dressing; large wound use Silver – Aquacel AG 4x4 every 3 days or SilvaSorb gel daily with cover dressing along with the Bactrim ds bid for 10days (if allergies then Clindamycin or Doxycycline 100mg)

12) Painful wounds – Aquacel AG with cover dressing, change every 3-7 days, also consider with MIST