Your doctor or wound care nurse wants you to change your dressing using a calcium alginate product.

Calcium alginate (Algisite M®, Kaltostat®, or _______________) is a dressing made from seaweed that is designed to absorb a large amount of drainage from your wound. If you are not having heavy drainage from your wound, you should let your doctor or nurse know.

Follow these steps when changing your dressing:

1. Wash your hands with soap and water.
2. Put on gloves.
3. Remove the soiled dressing. Place the soiled dressing in a plastic bag. Remove gloves and place in bag.
4. Wash your hands again and put on clean gloves.
5. Wash the wound with:
   - normal saline
   - wound cleanser spray
   - mild soap and water
   - ________________.
   - If the wound is deep or tunneling, you may have to irrigate it with saline to remove the alginate.
6. Pat the skin around the wound dry.
7. Apply alginate rope or pad to the wound. Use only enough to fill the open wound.
8. Over the alginate apply:
   - dry gauze
   - ABD pad
   - ________________
9. Secure the dressing with:
   - tape
   - roll gauze
   - ________________
10. Remove the gloves and place them in a plastic bag. Place the plastic bag in an outside trash container.
11. Wash your hands again.

An alginate dressing should be changed when all the fibers have been saturated with drainage and appear to be slimy. If you can still see fibers, you can wait to change the dressing for another 12-24 hours.

- If an alginate dressing is changed too often, the wound can dry out, which slows down the healing process.
- If you have any questions or concerns, call your doctor, Wound Center or Home Health Agency.