

# Being Prepared: Managing Ulcers

## Digital Ulcer Care Protocol:

### Active Ulcers :

Clean the ulcer once a day. This can be done either by soaking or gently washing the ulcer in sterile normal saline, which can be bought from any drug store. Allow the ulcer to air-dry, or pat-dry the ulcer using sterile gauze. Vitamin E oil should also be applied once daily. Do not apply vitamin E oil directly to the ulcer during this stage. Instead, drop a small amount of oil onto a piece of sterile gauze, which will be used to cover the wound. Place the gauze over the ulcer, and secure it with a 3M™ Coban (sold as breathable gentle tape), Nexcare absolute waterproof tape or a Band-Aid.



### Indeterminate Ulcers with Significant Eschar/Crust Formation :

Continue cleaning the ulcer daily. At this time, either sterile normal saline or sterile water may be used. Soak the ulcer to clean, or gently wash with sterile gauze. Hydrogen peroxide should be used once daily to help remove eschar, or crust on the wound, when it forms. The ulcer can be soaked in a 3% hydrogen peroxide solution for cleaning, or the solution can be applied with a sterile Q-tip, depending on the size of the ulcer. To create the hydrogen peroxide solution, add 1 tablespoon of hydrogen peroxide to 5 tablespoons of water. At this stage the ulcer should be kept clean and dry overnight. To protect the wound during activities, cover with a dressing of gauze secured with a Coban, waterproof tape, or a Band-Aid. You may continue with vitamin E oil application every day. During this stage the vitamin E oil can be applied directly to the ulcer.

