

G-220 Soaks

Purpose

Cleanse a wound.

Relieve pain and inflammation.

Applies To

Registered Nurses

Licensed Practical/Vocational Nurses

Other (*Identify*): _____

Equipment/Supplies

- Basin.
- Prescribed soaking solution.
- Towels.
- Disposable, waterproof bag.
- Dressing supplies, as needed for wound care.
- Disposable gloves.

Procedure

1. Wash hands. Refer to Hand Washing procedure.
2. Prepare soaking solution and warm water in basin. *Be sure the water is not too hot. Temperature should not exceed 110° F.*
3. Position the client to aid soaking process.
4. Apply clean gloves, remove soiled dressing, if applicable, and remove gloves.
5. Assist the client to place wounded area in the basin.
6. Soak for prescribed amount of time (10 to 20 minutes).
7. Periodically, add warm water to the basin to maintain consistent temperature.
8. When soaking is complete, don gloves, remove wounded area from solution. Gently dry with clean towel, patting skin surfaces. Remove gloves.
9. Don gloves and apply dressing to wound according to the appropriate wound care dressing procedure.
10. Remove gloves. Clean any reusable equipment and dispose of disposable supplies as outlined in the Agency Waste Disposal Policy.
11. Wash hands. Refer to Hand Washing procedure.

Documentation Guidelines

Document in the clinical record:

1. Date, time, and length of soak.
2. Characteristics of the wound before and after procedure.
3. The client’s tolerance of the procedure.

Related Procedures

Wound Care Dressing Procedures

Policy History

Approval Date	11/1/2009
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