



Soaking Instructions

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1. Soak your hand in warm, soapy water with antibacterial soap (Dial, Softsoap) for 5 to 10 minutes twice a day. You may do this after bathing.
2. Apply antibiotic ointment (Bacitracin, Neosporin) to the open wound.
3. Next, place a non-adherent dressing (Adaptic, Telfa) over the ointment.
4. Finally, apply Coban or elastic wrap to the non-adherent dressing. If you have a splint, put it on over the wrap.

***If you are taking an antibiotic to prevent an infection due to your injury, soak your hand in warm, soapy water with antibacterial soap (Dial, Softsoap) 20 minutes after each time you take your antibiotic. You should soak your hand for 20 minutes. Then reapply a dressing and a splint, if you have one, according to the instructions you received in clinic.**