

Removing Band-Aides & Bandaging Wounds

To gently remove Band-Aides and avoid irritating or tearing skin:

Dip a cotton-tipped swab (Q-Tip) into rubbing alcohol and place the alcohol soaked tip up under the adhesive part of the Band-Aide.



Then twist the Q-Tip while gently lifting up on the edge of the bandaid. Continue around the edge of the Band-Aide until the Band-Aide comes off. If you are applying another Band-Aide, try placing it so the adhesive touches a different part of the skin than the last one. This is easily done if you are using the typical rectangular Band-Aides.

If the wound is on an arm or leg, you can avoid using Band-Aides by using a piece of sterile non-stick pad (e.g., Telfa) that you can hold in place with “rolled gauze or a roll of self-sticking “cohesive bandage”. By doing this no adhesive comes in contact with the skin. This is advisable for wound care in people with very thin skin or who are allergic to Band-Aides and adhesive tape.



Non-stick pads



Rolled gauze



Cohesive Bandage



Where can I get bandage materials?

Band-Aides and bandage materials are readily available at pharmacies, Walmart and some grocery stores. A variety of products are also available at Amazon.com.

If you had a skin biopsy and have not received the biopsy result in three weeks after the biopsy was taken, call our office at 773-3553. Thanks.

