

# Recommended Practice: Potato Peel Dressings

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## RECOMMENDED PRACTICE:

### Preparation

The most recent technique for preparing and applying PPD is: <sup>1,2</sup>

- Obtain potato peels \*(e.g. from kitchens or canteens)
- Remove potato remnants from the peel, by soaking the peel in clean water
- Wash and dry the potato peels
- Use starch paste to adhere the outer side of the potato peels to roller bandages or single layers of gauze so inner surface of peel will be in contact with the wound and peels are edge to edge (ensure the edges do not curl).
- After paste dries, roll the bandage and autoclave at 115°C for 30 minutes.

[\* Studies have used peel from either boiled<sup>1, 2, 4</sup> or raw potatoes<sup>3</sup>)

### Storage

- Store rolled PPD at 4°C until use.<sup>2</sup> Can be safely preserved at this temperature for several months.<sup>5</sup>

### Application

- After cleaning the wound, apply a thin layer of any medically ordered cream e.g. antiseptic or steroid, to the inner surface of the peel prior to applying the potato peel dressing.
- When applying, ensure there are no gaps between the peels and that the peels are in direct contact with all the walls, margins and base of the wound.
- Cover with multilayered gauze and bandage or tape as appropriate.

### Frequency

- Frequency of changing the dressing will be indicated by the condition of the wound.
- If no evidence of infection or excessive oozing is present, the researched frequency of dressing changes for PPD range from every second day up to eight days until healed.<sup>1, 2</sup> As potato peel has no intrinsic antibacterial effect, a fresh dressing every second to third day is recommended.<sup>1, 4</sup> This also helps maintain a moist wound environment.
- If signs of wound infection are present, seek medical advice.

## KEYWORDS

Potato peel dressing.

## NODES

Wound Healing and Management, Burns.

## REFERENCES

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