

WOUND CARE, TISSUE REPAIR & REGENERATIVE MEDICINE

September 11-12, 2017 | Dallas, USA

IS 1% POVIDONE-IODINE SOLUTION SUPERIOR TO NORMAL SALINE FOR SIMPLE TRAUMATIC WOUND IRRIGATION?

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Background: Povidone-iodine is a broad spectrum antiseptic irrigation solution which has been used in wound management processes for decades but some recent studies have questioned its superiority to normal saline and even tap water in decreasing the infection rate in different types of wounds.

Objective: This study compares the efficacy and safety of diluted povidone-iodine solution with normal saline as in decreasing the infection rate in simple traumatic wounds repaired in emergency department.

Method: Patients with simple traumatic were included and randomly allocated to 2 groups. In 223 patients, wounds were irrigated with 1% povidone-iodine solution. In the other 223 patients, wounds were irrigated with 0.9% normal saline solution. Wound infection rates were compared by assessing the signs and symptoms of infection including cellulitis, abscess, lymphangitis and pus formation.

Result: Infectious complications were seen in 29 of 446 (7.4%) patients (15 in povidone-iodine versus 14 in normal saline groups). Nineteen (7.91%) patients in povidone-iodine group and 13 (6.68%) patients in normal saline group showed the evidences of infection in follow up visits. There was no statistically significant difference between infection rates in two studied groups ($p=0.86$).

Conclusion: Povidone-iodine solution with 1% concentration is not superior to normal saline in decreasing the infection rate in simple traumatic wounds.

Biography

Mina Zavareh has completed her MD in the Unit Basel University Hospital and she has worked as General Practitioner in occupational Disorders Ali Abaad Industrial Area, Garmsaar, Voluntary Medical Activities Payambar-E-Akram Charity, Tehran Family Planning Education Azad University, University of Applied Science and Technology, Tehran. General Practitioner Eyavan-E-Key 24-hour Health and Treat Center, Garmsaar. She has also worked as General Practitioner at Emergency Department Mahdiah Hospital. Presently she is working as an Emergency Medicine Specialist at 5th Azar Hospital and Haji-Aghi Al-E-Jalil Hospital. Her major research interest includes occupational Disorders, Emergency Medicine and Applied Science.

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