Clinical Standards for Physical Intervention

Intervention 1: Rotation

Myth: Rotate to prevent sticking.
Evidence: DO NOT ROTATE. Tears the fragile new epithelial layer inside the fistula and drags external bacteria into the wound.

Intervention 2: Cleansing

Myth: Use harsh antibacterial soap.
Evidence: Fragrance-free mild soap is sufficient for tattoos. Triclosan and chlorhexidine are unnecessarily irritating for routine care.

Intervention 3: Occlusion (Dressings)

Standard: 2-24 hours for simple pads. Film dressings up to several days. Remove immediately if fluid builds up or seal breaks.