



HOW TO LOOK AFTER YOUR WOUND

YOUR WOUND WILL NEED TO BE RE-DRESSED EVERY: _____

Mon Tues Wed Thurs Fri Sat Sun

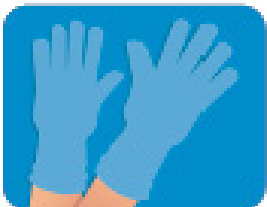
Please contact your healthcare professional if you have any questions or concerns on tel. _____



STEP 1 Prior to carrying out care for your wound, please wash your hands with soap and water and dry thoroughly

Gather all your items together:

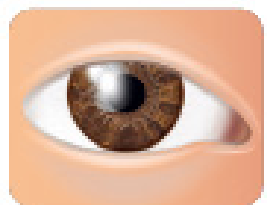
1. Dressing pack (if using)
2. Bowl of lukewarm water (this may be tap water or from a recently boiled kettle)
3. Dressing/s - these are single use only, so ensure they are new and the packaging is clean, dry, sealed and still within the expiry date



STEP 2 Put on some disposable gloves



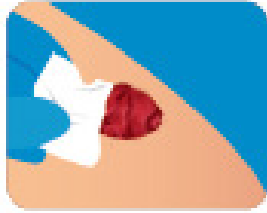
STEP 3 Remove the dressing gently from the wound and place it in a disposable rubbish bag



STEP 4 Look at the wound

(Please refer to 'signs to look for' on page 3):

1. Does it smell different/more than usual?
2. Does it look different?



STEP 5 Only clean the wound if it needs it. Your Health care Professional will advise you. If the wound does require cleaning do so using the lukewarm water and gauze, and try to avoid touching the middle of the wound.

1. Using a clean piece of gauze, dry around the edges of the wound removing all excess fluid
2. Ensure the surrounding skin is dry before applying the dressing. Apply skin protectors/barrier creams as advised by your health professional



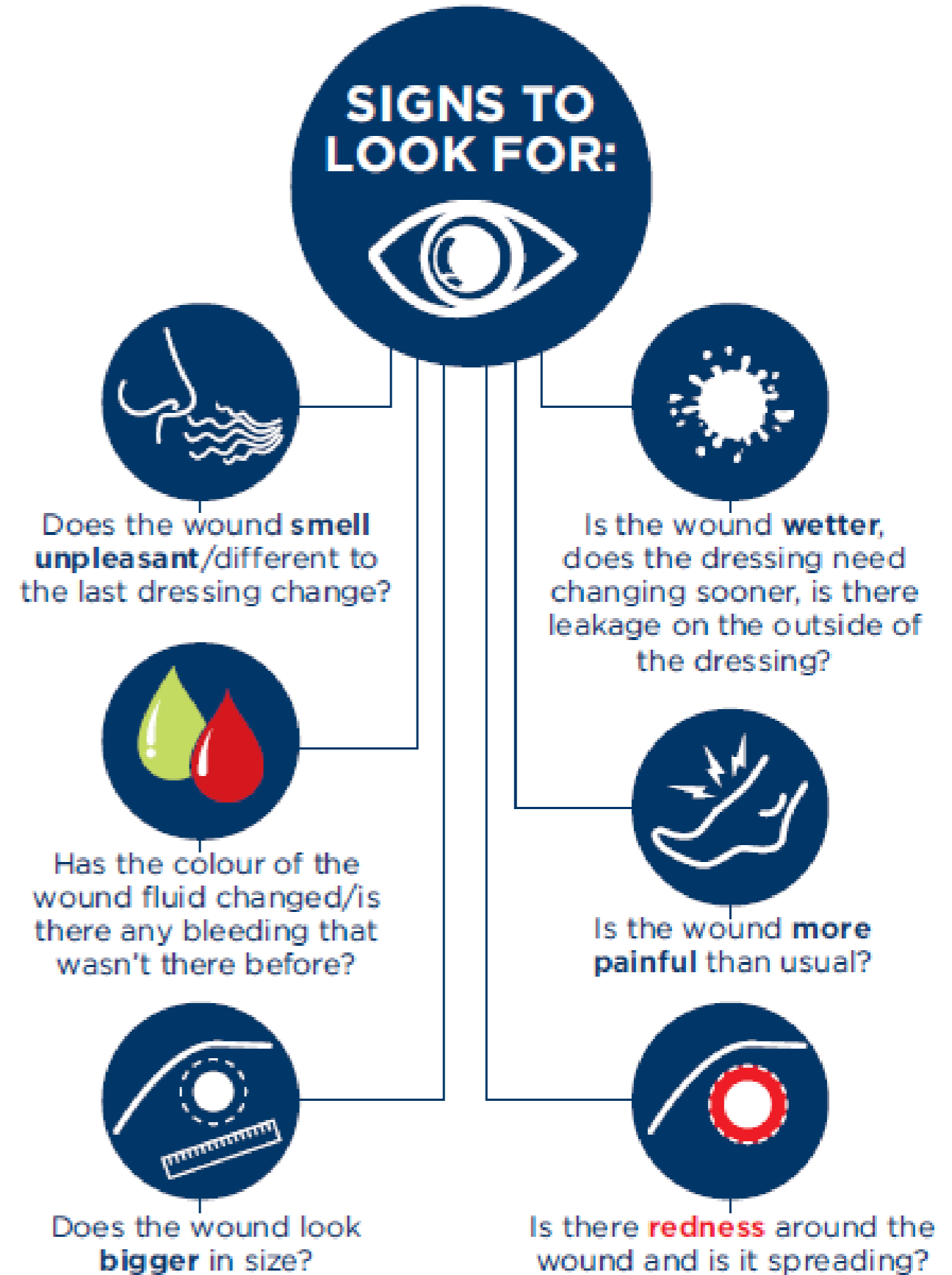
STEP 6 Apply the new dressing (ensure this is from a sealed packet)

1. Remove the protective film backing (if it has one)
2. Place the dressing over the wound (if using a contact dressing please secure with a second dressing (as advised by your healthcare professional)
3. Smooth the edges of the dressing down with your fingers ensuring it is not wrinkled. Once the dressing is in place moisturisers/emollients can be applied to the surrounding skin.



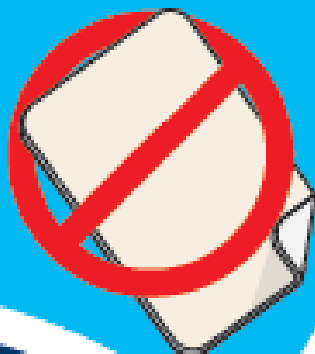
STEP 7 Dispose of the old dressing, parts of the dressing, such as the film backing, gauze, unused dressing and any packaging into a disposable bag. Remove your gloves and place these in the bag. Wash your hands again

REMEMBER: DO NOT re-use dressings under any circumstances, they are single use only.



If you notice any of the above or if there is anything else you are concerned about, please inform your health care professional.

Do not lift or remove your dressing unless it requires changing. Only change your dressing at intervals as advised by your healthcare professional (seek advice if your wound is needing more frequent changes).



Eat a good well-balanced diet including a variety of fruit and vegetables and drink plenty of water. If you have any trouble getting supplies at this time, please inform your health care professional.



Sleeping is really important to help your body to heal your wound. Try to have at least 7-8 hours of sleep each night.



It is important to keep as active as you can, please make sure to take some gentle exercise each day. This may include walking around the house or garden or exercising in a chair. Remember only do what you feel comfortable and safe to do.