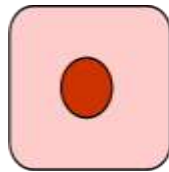
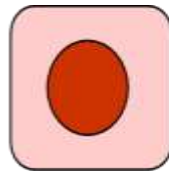


How often to change your wound dressing?

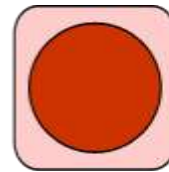
Change weekly unless directed by your Nurse in your care plan or the dressing is leaking or has come off. Always keep the wound covered. The less the wound is disturbed the quicker it will heal.



Do not
change
dressing



Do not
change
dressing



Change
the
dressing

What do I need?

You will need a dressing pack. This contains swabs, sterile gloves, a rubbish bag and a tub for you to put fluid in. You will also need clean gloves, apron if required, access to handwashing and dressings.

How do I change a wound dressing?

1. Wash your hands thoroughly and dry with a clean towel or kitchen roll.
2. Prepare a clean surface such as a table top or tray by washing with hot soapy water and drying.
3. Gather all the equipment that you will need including dressing pack, dressings, cleaning solution, apron (if someone else is doing your dressing) and gloves
4. Put on the apron (if used) and wash your hands again.
5. Open the dressing pack and, trying not to touch the inside, remove and open up the rubbish bag.
6. - Empty the contents of the white tray on to the sterile sheet without touching it.
- Open your dressing packaging and drop the dressing onto the sterile sheet of the dressing pack, without touching the dressings if possible.
- Put some tap water in the white tray (unless your care plan indicates something else).
7. Put on gloves from your box/supply (save the sterile gloves in your dressing pack for later).
8. Take the blue sheet from the dressing pack and place it under the part of your body with the wound e.g. arm, leg – this keeps the area clean for the dressing, catches any fluids from your wound and protects your furniture/carpets.

How to care for your wound during the COVID-19 outbreak

9. Gently remove your dressing. Do not rip it off. If it is stuck, wet it and allow it to gently loosen. Try not to touch the wound.
10. Place the used dressing and your gloves in the rubbish bag (keep it handy).
11. Wash and dry your hands again or gel them if you can't get to the sink.
12. Put the sterile gloves from the pack on, don't touch the finger part of the gloves with your hands.

Take a moment to look at your wound. Is it the same as last time you saw it?

<p>Signs of wound infection</p> <ul style="list-style-type: none">• Heat, redness or swelling around the wound• Wound is wetter than before• Wound is more painful.• Wound is smelly• More yellow or green in the wound than before• Wound is bigger or deeper <p>If you notice any of these please phone your Community Nursing Team for advice.</p> <p>Community Nursing Team phone number:</p>	<p>Cellulitis – infection in the tissue</p> <ul style="list-style-type: none">• Heat, redness or swelling spreading out from the wound <p>PLUS</p> <ul style="list-style-type: none">• You feel unwell and have a temperature above 37.5 ° C <p>Please phone 111 as soon as you notice it for advice.</p> <p>Do not wait to phone your nurse</p>
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13. If the skin around your wound needs cleaned, moisten a swab and clean with one wipe then throw the swab away. Repeat until clean and dry. The wound itself may not need cleaned.
14. Apply the dressing named in the care plan made up by your Nurse.
15. Fold up everything, remove your gloves, and put it in the rubbish bag.
16. Wash your hands again.
17. Clean your table or tray surface
18. Place the rubbish bag in your household or outside bin. **If you currently have Coronavirus place this into a second bag, tie securely before placing into outside bin.**
19. Wash your hands a final time!
20. Write in your '**Patient Wound Care Record**' what your wound looked like today.