

# A self-care guide for wound treatment with Granudacyn®

Your Healthcare Professional has chosen Granudacyn® wound irrigation solution for cleansing your wound

Granudacyn wound irrigation solution is preserved and can be used for up to 60 days once opened. It is recommended to note the date of first opening on the bottle.

## Before using Granudacyn wound irrigation solution:

1. Wash your hands thoroughly with soap and warm water for 20 seconds, especially between fingers and palms of hands, and dry thoroughly.
2. Apply a plastic apron if required.
3. Put on disposable gloves or use a hand sanitiser.
4. Granudacyn wound irrigation solution may be warmed up to body temperature (to 37°C) by placing the bottle in a water bath before use.
5. Your Healthcare Professional may ask you to soak a gauze or compress with Granudacyn wound irrigation solution and place it onto the wound area for several minutes (1 -15 minutes) to prepare the wound bed for cleansing.
6. Thoroughly cleanse the wound as advised by your Healthcare Professional. For example:
  - a. If using a gauze or compress for cleaning, first moisten it with Granudacyn. If there is a need to add more Granudacyn, use a new gauze or compress each time Granudacyn is added.
  - b. Use Granudacyn to rinse off any debris in the wound. Depending on the format of Granudacyn bottle you are using:

Squeeze the bottle (500ml or 1000ml bottle) to generate a flow of Granudacyn to rinse until the debris in the wound is removed.

Spray (50ml, 100ml and 250 ml bottles) to wet the entire wound area with Granudacyn to rinse off the debris.

7. If instructed by your Healthcare Professional, the cleansing procedure can be repeated several times. Granudacyn wound irrigation solution does not need to be rinsed off.
8. If required, dab the surrounding skin dry.
9. Remove the disposable gloves and wash your hands and put on a new pair of gloves or use a hand sanitiser.

## How to proceed after cleansing:

10. If an adjunctive treatment is implemented in the protocol by your Healthcare Professional, e.g. Granudacyn gel, apply this as instructed by your Healthcare Professional.
11. Following the instructions for use, add a suitable dressing to cover the wound. Granudacyn Irrigation Solution and Granudacyn Gel can be used with commonly used foam dressings, such as Mepilex®, Mepilex® Ag, Mepilex® Border Ag and Mepilex® Border Flex.
12. Wash your hands.



## How frequently should I rinse my wound?

Your Healthcare Professional will advise you when to rinse your wound. If cleansing is to be performed at a dressing change, use Granudacyn wound irrigation solution as described above.

For further help and guidance please consult the instructions for use and contact your Healthcare Professional.



Granudacyn® can be used by lay persons under the supervision of Healthcare professionals.

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