

How to care for your dressing

Mepilex[®]

Facility _____

Contact person _____

Phone _____

Next appointment _____

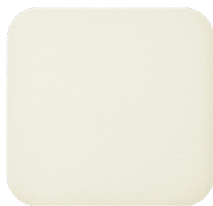
Mepilex[®]



Your wound has been dressed with a dressing incorporating SafetaC[®] technology that will minimise pain on removal and assist healing.

Caution: If you see changes in the wound and/or surrounding skin, such as redness, pain, heat, swelling or odour, please contact your healthcare professional.

Special notes:



For Healthcare Professional only:
Please draw on the image above to indicate when dressing should be changed.

When should you change the dressing?

- This dressing can be left intact for several days depending on the wound condition and the surrounding skin¹.
- Change as advised by your healthcare professional.
- Dressing should be changed if exudate leaks from the dressing or out into the borders; when the dressing is 75% full; and at any sign of infection.

Shower? No

Bath? No

Please seek additional instructions from your healthcare professional.

How to apply and remove your dressing?

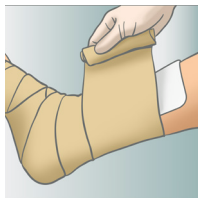


1A. Removal of existing dressing - gently peel back the dressing until completely removed from the skin. Consult your healthcare professional about the wound cleaning procedure.



1B. After skin is prepared and dry thoroughly, remove the release film and apply the adherent side to the wound.

2. As you continuously remove the larger part of the remaining film, apply dressing firmly yet gently over the wound. Do not stretch the dressing. The wound pad should overlap the wound by at least 1-2 cm.



3. When necessary, secure Mepilex with a tubular retention bandage such as Tubifast® or other fixation.

Note: If more than one dressing is needed, consult your healthcare professional for detailed instructions.

Tubifast does not contain natural rubber latex.

When dirty, Tubifast should be hand washed and can be tumble-dried on a cool setting.

You can find more resources about wound management here*

<http://www.woundaware.com.au/wound-information/>



Reference: 1. Mepilex Instructions for use.

* Resources are supported by Wounds Australia

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