

How to care for your dressing

Mepilex[®] Heel

Facility _____

Contact person _____

Phone _____

Next appointment _____

Mepilex[®] Heel

SafetaC
TECHNOLOGY



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:

Your dressing is needed for

Prevention

Treatment



Mölnlycke[®]

If your dressing is used for **Prevention**

- Inspect the skin under dressing daily by carefully lifting the border edge at the top.

When should you change the dressing?

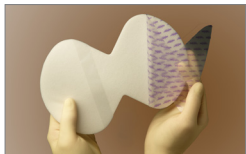
- This dressing can be left intact for several days depending on the wound condition and the surrounding skin¹.
- Change as advised by your health care professional.
- Dressing should be changed if rolled, soiled, saturated, displaced or compromised.

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 with your healthcare professional about wound cleaning procedure.

1B. After skin is prepared and dried thoroughly, remove the release film and apply the dressing on the right position.



2. Fit to heel

Place the dressing under the heel. Remove the shorter release film. Mould the dressing around the heel and bring edges together.



3. Hold Mepilex Heel securely in place with a light bandage or other dressing retention method e.g. Tubifast[®]. Ensure the retention bandage is long enough to cover from toes to joint.

NOTE: Tubifast does not contain natural rubber latex. When dirty, Tubifast should be hand washed and can be tumble-dried on a cool setting².

You can find more resources about wound management here*

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



Reference: 1: Mepilex Heel Instructions for use. 2. Tubifast Instructions for use.

* Resources are supported by Wounds Australia

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