

How to care for your wound

Mepilex[®] Border Flex / Oval

Mepilex[®] Border Flex Lite

Facility _____

Contact person _____

Phone _____

Next appointment _____

Healthcare professionals notes

How to prepare and clean prior to removing/changing the dressing

How to take pictures and measure the wound

How to dispose of the dressing

What to look out for while the wound heals

Mepilex® Border Flex / Oval

Mepilex® Border Flex Lite



Shower-proof

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

Safetac
TECHNOLOGY

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.

When should you change the dressing?

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

* Mepilex Border Flex/Oval

Shower? Yes

Bath? No

Prior to showering, press and smooth the dressing to ensure the entire dressing is in contact with the skin.

This is a single-use dressing.

How to apply and remove your dressing?



1A. Removal of an 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 middle part of the release film and apply the dressing on the right position.



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. Gently smooth the dressing's border until there is no wrinkles.

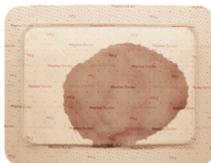
NOTE: If more than one dressing is needed, consult your healthcare professional for detailed instructions.

To watch application videos please visit **Mölnlycke ANZ Youtube** channel or scan the QR code.



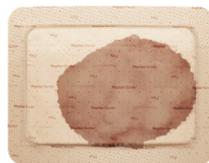
0

Strikethrough at 0 edges.
Can keep in place.



1

Strikethrough at 1 edge.
Can keep in place.



2

Strikethrough at 2 edges.
Can keep in place.



3

The dressing is saturated when the strikethrough has reached **3 edges.**



All images are stylised for ease of visualisation. Exudate Progress Monitor dots do not change appearance with/without exudate.

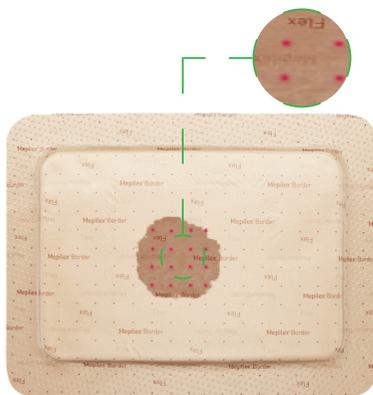
Always consult your healthcare professional for clinical recommendations.

This is a single-use dressing.

Special notes:

Exudate Progress Monitor is a grid of dots - 1cm apart - that can be used to track and record exudate.

** All images are stylised for ease of visualisation of concept. Exudate Progress Monitor dots do not change appearance with/without exudate.



**Exudate has covered
4x4 area**

You can find more resources about wound management here*
<http://www.woundaware.com.au/wound-information/>



This code can be scanned by any QR Code Scanner app or your iPhone camera.

Disclaimer: All dressings mentioned should be handled and applied by healthcare professionals. If a healthcare professional is not available, a family member or yourself may need to do the dressing changes. Accordingly, if mentioned dressing(s) is(are) not applied by a healthcare professional, the manufacturer does not take any responsibility or liability connected to the application of the dressings.

Reference: 1. Mepilex Border Flex Instructions for use. * Resources are supported by Wounds Australia
For Instructions for Use, please contact your healthcare professional.

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