

How to care for your dressing

Mepilex[®] Border Heel

Facility _____

Contact person _____

Phone _____

Next appointment _____

Mepilex® Border Heel

Safetac®
TECHNOLOGY



Shower-proof

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? **Yes**

Bath? **No**

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

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 the skin / wound is prepared, dry the area thoroughly. Then remove the central backing and slide the dressing under the heel to the desired location.



2. Apply the adherent part of the dressing marked 'A' (Fig. A) to the posterior heel/Achilles tendon areas, positioning the narrowest part of the dressing at the base of the heel. Do not stretch.



3. Remove the backing from one side of the area 'A' flaps (ankle flaps). Apply and smooth. Repeat with the other side. Do not stretch.



4. Gently apply the adherent part of the dressing marked 'B' (Fig. A) under the plantar surface of the foot.



5. Remove the backing from one side of the area 'B' flaps (flaps with tabs). Apply and smooth border. Repeat with the other side. Do not stretch.



6. Press and smooth the dressing to ensure the entire dressing is in contact with the skin.

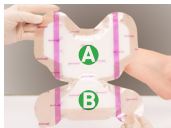


Figure A

You can find more resources about wound management here*.

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



Reference: 1: Mepilex Border Heel Instructions for use.

* Resources are supported by Wounds Australia

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