

A self-care guide for Mepilex® Border Flex

Your healthcare professional has chosen Mepilex® Border Flex dressing for your wound.

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

How to apply the Mepilex® Border Flex dressing:

1. Wash your hands with soap and warm water for 20 seconds.
2. Clean the wound as advised by your healthcare professional and dry the surrounding skin thoroughly.
3. Ensure the wound pad overlaps the dry skin surrounding your wound by at least 1-2cm.



4. Hold the larger section of the release liner and partially peel back.



5. Position the adherent part of the dressing over the wound and apply.



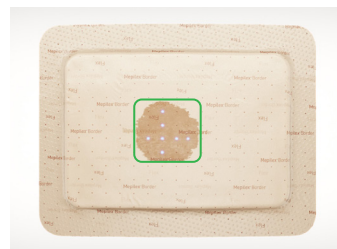
6. Continue to remove the larger section of the release liner and smooth down the borders.



7. Remove the second release liner and smooth down all the borders.



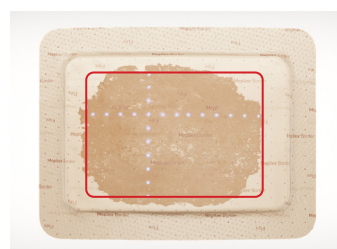
Your dressing has a dot pattern to help monitor how much fluid it has absorbed.



E.g. 4x4cm. Fluid will begin to appear on the back of the dressing.



E.g. 8 x 10cm. Fluid will spread across the surface of the dressing as it is trapped away from your wound.



Consider changing the dressing when exudate is approaching the edges of the dressing.

When to change your 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 fluid leaks from the dressing or out into the borders; when the absorbent pad is 75% full; and at any sign of infection.

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.

For further help and guidance please contact your healthcare professional.



Always read the label and follow the Instructions for Use.

Things to keep in mind:

- ✓ Discolouration on the back of your dressing is completely normal.
- ✓ Your dressing can be left on for up to seven days depending on the condition of the wound and surrounding skin.
- ✓ Your dressing can be worn in the shower.
- ✓ Mepilex Border Flex dressing is for single-use only and should not be re-used.

Mepilex Border Flex dressings should be handled and applied by healthcare professionals, however, if a healthcare professional is not available, a family member or yourself may need to do the dressing change. The manufacturer does not take any responsibility or liability connected to the application of the dressing by such persons. Accordingly, if Mepilex Border Flex is applied by a person that is not a healthcare professional, that is strictly at the user's own risk.

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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