



CARING FOR YOUR OWN WOUND AT HOME & HOW TO CHANGE A WOUND DRESSING

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RESHAPING CARE TOGETHER...



IN RECOGNITION OF OUR PLATINUM PARTNERS



PREPARING TO CHANGE YOUR WOUND DRESSING

YOU WILL NEED

- Dressing pack - will include gauze, gloves, tray, apron and waste bag
- Wound dressings provided by nursing staff
- Scissors cleaned prior to use
- Creams/barrier creams for surrounding skin
- Tape if required
- Running tap water to clean the wound and surrounding skin

It is important to prevent and recognise infection

PROCEDURE

- Wash hands thoroughly especially between fingers and palms of hands.



- Dry hands with a clean towel/kitchen roll
- Open dressing pack and apply apron provided
- Remove waste bag for dirty dressings
- Open new wound dressings and drop into clean opened dressing pack
- Remove dressing without touching the inside of the dirty dressing or the wound bed, you might have to wet dressing with tap water if dressing is stuck to wound, do not pull if stuck as this will damage the healing wound
- Place dirty dressing into the bag provided
- Wash hands again
- Apply clean gloves from sterile pack
- Clean the wound bed by gently wiping to remove any wound residue and then surrounding skin with tap water and gauze from dressing pack
- Ensure that you clean the wound before the surrounding skin and use a new piece of gauze for the surrounding skin
- Dependent upon the location of the wound it may be more appropriate to shower which will ensure that the wound bed and surrounding skin are clean prior to dressing

MONITOR FOR SIGNS OF INFECTION

OBSERVE FOR

- Redness to skin surrounding wound
- Skin surrounding wound is warmer than normal
- Wound has become painful
- Swelling and hardening
- Increased wetness from wound
- Offensive smell
- Yellow or green pus
- If wound deteriorates/gets larger or deeper
- High temperature (fever)
- Feeling generally unwell

If the infection spreads further, the redness will keep spreading to more areas of skin and you may begin to feel unwell.

If you suspect a wound infection, please contact your GP practice:

If you need further advice please contact the wound care service on:

YOUR DRESSING DETAILS

DRESSING TYPE	NAME	SIZE

Based on a document produced by the National Wound Care Strategy Programme. Accessed from their website <https://www.ahsnnetwork.com/patients-and-carers> on 14 April 2020.