**Patient /Carer Information – Caring for your wound at home temporarily during the present COVID-19 pandemic.**

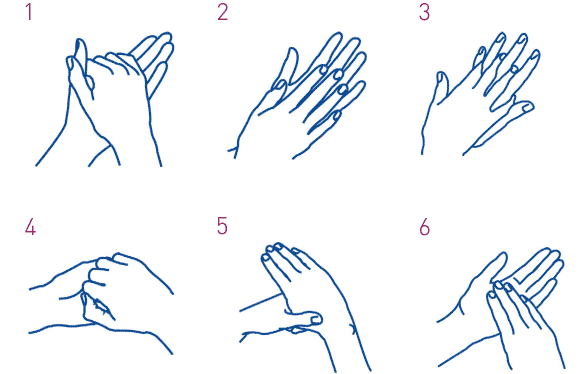
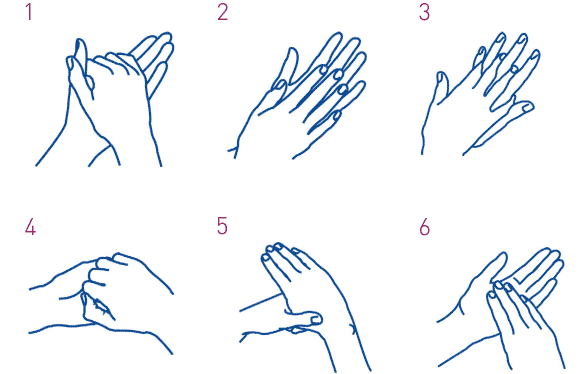
**Preparing to change the dressing and dress your wound**

**You will need:**

* Sterile, clean dressing pack (provided) - include gauze, gloves, tray, apron and waste bag.
* wound dressings provided by nursing staff
* scissors (given by nurses) cleaned prior to use if needed
* creams/barrier creams for surrounding skin provided by nursing staff if required
* tape (if required)
* running tap water or saline sachet provided to clean wound and surrounding skin

**Procedure:**

* Ensure you have a cleaned area to work from, eg:, clean tea tray or a towel to put your equipment on. Remove any pets from the area before starting any dressing change
* Wash hands thoroughly especially between fingers and palms of hands for 20 seconds



* Dry hands with a clean towel/kitchen roll
* Open dressing pack onto a clean tea tray or towel and apply apron provided if carer is doing the dressing.
* Remove waste bag used for dirty dressings
* Put your hand inside the waste bag and remove the old dressing without touching the inside of the dirty dressing or the wound surface.
* Holding the old dressing, turn the bag inside out so capturing the old dressing without touching it directly .You might have to wet the dressing with tap water/a normal saline sachet solution if the dressing is stuck to the wound; do NOT pull as this will damage the healing wound. Soak with the tap water or saline sachet if stuck and try again gently after a few minutes
* Wash hands again or use alcohol hand gel
* Open new wound dressings and place on the tray on the clean, sterile opened dressing pack.
* Apply clean gloves from the open dressing pack.
* Clean surrounding skin with tap water and gauze from the open dressing pack, dry surrounding skin with remaining gauze or towel from the open dressing pack
* Clean the wound with another sterile gauze dipped in tap water or saline sachet solution.
* Apply a small amount protective barrier film/creams/moisturiser around the wound edge if needed
* Apply new dressings as directed by the nurse who provided dressings.
* Discard any unused dressing items from pack in waste bag. Secure bag and dispose off
* Wash hands again

**Please monitor for signs of infection!**

**Observe for:**

* Redness to skin surrounding wound.
* Skin surrounding wound is warmer than normal.
* Wound and surrounding skin has become painful.
* Swelling and hardening.
* Increased wetness and leakage from wound.
* Offensive smell.
* Yellow or green pus.
* If wound deteriorates/gets larger or deeper.
* You feel unwell

***If you have any of the above signs and you suspect you have an infection in your wound - please contact your community Nurse team***

|  |
| --- |
| **Name of patient** |

**Specific instructions ( fluid to use , name of dressing , other instructions if needed) .**

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| Name and signature |
| Contact number |