

It's always important that a nurse or doctor advises you about your wound care.

What do I need to plan?

- Choose a place in your home to do the care that has a hard surface to put the equipment on, is well- lit and away from rubbish bins, toilets and pets
- Choose a place that is comfortable for you to attend the care that avoids twisting, bending, reaching and stooping
- Make sure you have enough wound equipment and order more before you run out
- Read the instructions the nurse or doctor has written with you on how to do your wound care

How do I prepare?

- Wash your hands with soap and water for at least 20 seconds and dry
- Wipe down the hard surface you are placing your equipment on with warm water and detergent and dry it
- Collect the equipment you need from your plastic wound storage container that the nurse or doctor has written below (tick as required):

- Dressing tray
- Dressing materials
- Tapes/bandages
- Moisturiser for your skin
- Normal saline/warm water
- Scissors

Rubbish bag

Non-sterile gloves (if applicable)

- Open the dressing tray and set up the equipment as your nurse or doctor has shown you
- Try not to handle the wound or equipment unnecessarily

How do I change my wound dressing?

Follow the steps below:

Step 1 - Wash your hands with soap and water for at least 20 seconds and dry

Step 2 - Remove the old dressing by slowly and gently lifting the edges

- Peel the dressing toward the centre of the wound
- If it becomes stuck, soak the dressing with saline as this will help loosen it
- Throw the old dressing into the rubbish bag

Step 3 - Wash your hands with soap and water for at least 20 seconds and dry

Step 4 - Clean the wound as your nurse has shown by

- Use a piece of gauze, wet with saline/water
- Clean away any liquid or thick, gummy film over the wound
- Work from the centre of the wound out to the edges
- Throw out your gauze and get a new one each time

Step 5 - Dry the skin around the wound by patting it dry with a soft, clean towel

Step 6 - Apply the new dressing/s as your nurse has shown

Step 7 - Wash your hands with soap and water for at least 20 seconds and dry

Step 8 - Store your equipment in the plastic wound storage container, clean the area and throw away the rubbish

What should I report?

- Increased or new pain at the wound site that won't go away
- Redness around, or spreading from your wound
- A bad smell coming from the wound once it has been cleaned
- Any change in colour or the amount of fluid coming from the wound

Where do I get more supplies from?

- Talk to your nurse or doctor
- Local pharmacy
- Wound clinic at your community health centre/local hospital
- Independence Australia on 1300 788 855 or <https://www.independenceaustralia.com.au/>
- Consider other wound care suppliers

Storing my wound care equipment

- Before handling equipment, wash your hands with soap and water for at least 20 seconds and dry and then collect the following:
- A large plastic, cleanable container with a secure lid to store your wound care equipment only
- The cleaned plastic box containing your equipment should be stored off the floor, out of direct sunlight and away from heaters and moisture
- A pair of stainless steel scissors that are kept just for your dressings
- Wash the scissors in warm, soapy water or with a disinfectant wipe, before and after use



- Small, sealable e.g. (snap lock) plastic bags to store your dressings



- Bags for rubbish



How can we help?

If you have any questions or would like to find out about other self care options, you can contact Bolton Clarke or your trusted health professional.

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