

How To Dress Your Wound

Step 1. Clean your hands with alcohol rub or soap and water.

Step 2. Apply gloves and remove the old dressing.

Step 3. Dispose of gloves.

Step 4. Follow steps 1 and 2 again (Clean hands and apply new gloves).

Step 5. Clean the wound as advised by your healthcare professional.

Step 6. Dispose of waste.

Step 7. Dress the wound as advised by your healthcare professional.

Step 8. Dispose of rubbish.

Remember to keep the dressing clean and dry and follow the instructions of your health care professional.



Signs of a Wound Infection

- Increased pain in the wound area.
- Increased heat around the wound (skin is warmer near the wound than on other part of the area).
- Increased redness around the wound.
- The wound ooze becomes thicker and changes colour (e.g. green or yellow).
- The area may become more swollen.
- You may have a temperature (above 37.C) and feel unwell.

If you have any of the above symptoms and are concerned, please contact **your GP or local medical centre.**

If you are unable to contact your GP for further advice call your health care professional (8:30am to 5pm) on the following numbers:

Monday to Friday Phone number: _____

Saturday and Sunday Phone number: 1300 792 755 (phone advice only).

Instructions for Cleaning and Dressing Your Wound

Client name: _____

Wound location: _____

Clean with: _____

Dressings:

1st layer: _____

2nd layer: _____

Skin protection: _____

Hold it in place with:

1. Tape: _____

2. Bandage: _____

3. _____

Other Instructions:

Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.

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