

How to Change Your Wound Dressing

Procedure

- Wash your hands with soap and water or hand sanitizer.
- Remove old dressings. **DO NOT TOUCH** soiled part of dressing. If stuck the dressing will need to be soaked off.
- Dispose of the soiled dressing in a plastic bag or wrap in newspaper.
- Shower / wash wound area using warm water.
- Dry surrounding skin using a clean paper towel
- Follow any instruction from your nurse.
- Apply new dressing as you have been taught. **DO NOT TOUCH** the part of the dressing that is placed against your wound.
- Wash your hands when task is completed.

Special Instructions

How to Assist Wound Healing

- Eat a healthy diet (fruit, leafy green vegetables, meat, chicken, drink lots of water).
- Take medicines your doctor has prescribed.
- Avoid Smoking.
- Try not to lie on or sit on your wound.
- Report the following:
 - Increase in redness
 - Increase in pain
 - Increase in discharge
 - Temperature (feeling hot / unwell)
- Report this to your nurse or your doctor.

Contact us

District Nurses:

Kapiti: (04) 903 0224

Kenepuru: (04) 918 2011

Wellington: (04) 806 2556

