



# How to change your wound dressing

Information for patients



# HOW TO CHANGE YOUR WOUND DRESSING

Your podiatrist will have provided you with an ulcer dressing kit to change your dressing every \_\_\_\_\_ days

Contact your Healthcare Professional if you have any questions or concerns

Tel: 01236 712141 - University Hospital Monklands

Tel: 01355 585235 - University Hospital Hairmyres

Tel: 01698 366359 - University Hospital Wishaw

## Carry out the following steps for dressing changes:

**Step 1:** Wash hands and dry well



**Step 2:** Apply gloves (loose in dressing bag)



**Step 3:** Remove the old dressings



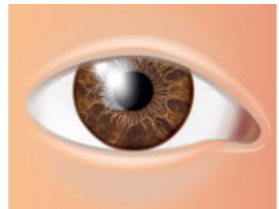
**Step 4:** Dispose of old dressing and packaging into disposable bag and wash your hands again



**Step 5:** Wash and thoroughly dry hands. Apply sterile gloves from pack



**Step 6:** Look at wound and check for danger signs:



## **DANGER SIGNS**

- ❖ Is there any new pain or throbbing?
- ❖ Does your foot feel hotter than usual?
- ❖ Are there any new areas of redness, inflammation or swelling?
- ❖ Is there any new or increased discharge?
- ❖ Is there a new smell from your foot?
- ❖ Do you have any flu-like symptoms?

If you have identified any of the Danger signs and require help and advice during working hours; contact your podiatrist, or healthcare professional right away. If you require advice out with normal working hours (evenings or weekends), please contact NHS 24 by calling 111.

**Step 7:** Cleanse the wound with saline and gauze if required

**Step 8:** Dry with a new piece of sterile gauze

**Step 9:** Apply barrier cream or skin protector around the wound if you have been advised to do so by your Podiatrist

**Step 10:** Apply the new dressing provided as demonstrated by your Health Professional

**Step 11:** Remove gloves and wash your hands.

### **Remember:**

- ❖ Please keep your dressing dry to promote healing and reduce risk of infection.
- ❖ Dressing protectors are available to help keep your dressing dry during bathing or showering. If you do not have one, please discuss with this with your podiatrist who can help you source one
- ❖ Use any pressure relief device provided by your podiatrist
- ❖ Avoid unnecessary standing or walking
- ❖ If you have been advised to take antibiotics, it is important to complete the prescribed course unless you are advised to stop by your podiatrist. Notify your podiatrist if you have any concerns.

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