

Please stick patient ID sticker here or fill in:

Name:

Hospital number:

NHS number:

Date of birth:

Date:

# Self-care guide to wound dressings

## Information for patients

This self-care guide to wound dressings has been provided by your plastic reconstructive surgery/wound care nurse or doctor to help you when changing your own dressings between your out-patient appointments.

**Type and location of wound(s):** .....

**Date of operation (if applicable):** .....

## Dressings plan

The wound products listed in the 'dressings plan' below are recommendations. If you prefer to use alternative wound products please discuss with your nurse or doctor.

- Take pain medication if required or as prescribed by your doctor before your dressing change.
- Remove your old dressing. Dispose of it: **At home**
- Clean your wound(s) as advised:
  - Shower the wound(s) carefully
  - Use normal saline
  - Use an alternative wound irrigation solution as advised by your nurse or doctor

- Apply the dressing products listed below (or equivalent) to the wound(s) in the following order:
  1. ....
  2. ....
  3. ....
  4. ....
- Surrounding skin care: .....

**Frequency of dressing changes**

Please change your dressing:

**Once a week      Twice a week      Three times a week      Daily**

**What to do if you experience a problem with your wound(s)**

If you experience heat, redness, swelling, odour, pain or drainage from your wound(s) or surrounding skin, please contact your GP or the:

- Plastic surgery out-patient department at the Royal Free Hospital on: 020 7794 0500 extension 31312.
- Dressing clinic at Mount Vernon Hospital on: 01923 844 395.

In an emergency you are advised to attend your local emergency department.

**More information**

For more information about the plastic surgery service at the Royal Free London, please visit our website: [www.royalfree.nhs.uk/services/plastic-surgery/](http://www.royalfree.nhs.uk/services/plastic-surgery/)

**Your feedback**

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

**Alternative formats**

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.