



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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 [www.boltonclarke.com.au](http://www.boltonclarke.com.au)

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