

A selfcare guide for dressing changes

Your nurse has chosen Mepilex® Border Comfort dressing for your wound

How to apply the Mepilex® Border Comfort dressing:

1. Wash your hands with soap and warm water for 20 seconds.
2. Clean the wound as advised by your nurse and dry the surrounding skin thoroughly.
3. Ensure wound pad overlaps the dry skin surrounding your wound by at least 1-2cm.

4. Hold the larger section of the backing film and partially peel back.



5. Position the sticky part of the dressing over the wound and apply.



6. Continue to remove the larger section of the backing film and smooth down the borders.

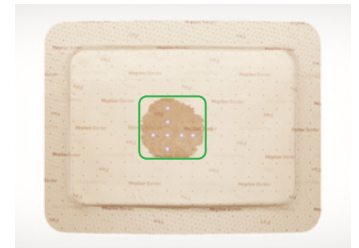


7. Remove the second backing film and smooth down all the borders.



Leave in place

Your dressing has a dot pattern to help monitor how much fluid it has absorbed.



Leave in place

Fluid absorbed from your wound will start to show on the back of the dressing.



Leave in place

Over time, fluid in the dressing will appear to spread across the surface as it is kept away from your wound.



Time to change

Your dressing will have nearly absorbed as much as it can and you should consider changing it at this point.

When to change your dressing:

Your nurse's advice is to change the dressing:

Things to keep in mind:

- ✓ Discolouration on the back of your dressing is completely normal
- ✓ Your dressing can be left on for up to 7 days
- ✓ Your dressing can be worn in the shower

For further help and guidance please contact your nurse:

Mepilex Border Comfort dressing should be handled and applied by health care professionals, however, if a health care professional is not available, a family member or yourself may need to do the dressing change. The manufacturer does not take any responsibility or liability connected to the application of the dressing by such persons. Accordingly, if Mepilex Border Comfort is applied by a person that is not a health care professional, that is strictly at the user's own risk.

Find out more at www.molnlycke.co.uk

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