Please stick patient ID sticker here or fill in:

Name:

Hospital number:

NHS number:

Date of birth:

Royal Free London
NHS Foundation Trust

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/

Your feedback
If you have any feedback on this leaflet or for a list of references for it, please email: 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.

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About us:

The Royal Free London Private Patients Unit is wholly owned by the Royal Free London NHS Foundation Trust and part of the NHS. We provide care to non-NHS national and international patients. All profits which our hospitals earn are reinvested into the trust to the benefit of all our patients, NHS and private. We are proud to bring the very best skills and standards of the NHS to benefit our private patients and, in doing so, support the continued development of the NHS and the Royal Free London through our success.

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