Preparing to dress your wound

It is important to prevent and recognise infection

You will need:

- Dressing pack - will include Gauze, gloves, tray, apron and waste bag.
- wound dressings provided by nursing staff
- scissors cleaned prior to use
- creams/barrier creams for surrounding skin
- tape if required
- running tap water is used to clean surrounding skin

Procedure:

- Wash hands thoroughly especially between fingers and palms of hands.

  ![Handwashing Diagram](Image)

- Dry hands with a clean towel/kitchen roll.
- Open dressing pack, apply apron provided.
- Remove waste bag for dirty dressings.
- Open new wound dressings and drop into clean opened dressing pack.
- Place on clean none sterile gloves to Remove dressing without touching the inside of the dirty dressing or the wound bed, you might have to wet dressing with tap water or irripods if dressing is stuck to wound, do not pull if stuck as this will damage the healing wound. consider using a dressing adhesive remover spray or wipe.
- Place dirty dressing into the bag provided.
- Wash hands again.
- Apply clean gloves from sterile pack.
- Clean surrounding skin with tap water or irripods and gauze from dressing pack.
- Ensure skin surrounding wound is dry.
- Apply barrier product to wound edges
- Apply new dressings as directed by the nurse who provided dressings.
Please monitor for signs of infection!

Observe for:

- Redness to skin surrounding wound.
- Skin surrounding wound is warmer than normal.
- Wound has become painful.
- Swelling and hardening.
- Increased wetness from wound. Increased dressing changes required
- Offensive smell.
- Yellow or green pus.
- If wound deteriorates/gets larger or deeper.
- If you develop flu type symptoms’s shivery and feeling generally unwell

If the infection spreads further, the redness will keep spreading to more areas of skin.

If you suspect a wound infection please contact the district nurse Team.

If you require further advice or information please contact the tissue viability team via WHCNHS.TissueViability@nhs.net.