

# Wound Dressing At Home

Step by step guide for patient and  
caregivers to change dressings at home.

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# Step By Step Guide

## 1. Prepare

- a Serve pain medications.



- b Clean the trolley or table surface.



- c Prepare your equipment and supplies.



## 2. Remove

### a Wash your hands with:

- Soap and water.
- Alcohol hand rub.



### b Remove dressing.



### c Discard old dressing.



### 3. Clean

**a** Wash your hands again.

- Prepare wet cotton balls.
- Transfer cotton balls with two forceps technique.



**b** Clean the wound and pat dry.

- Clean from center of the wound.
- Dap outwards in circular motion.



**c** Assess for signs of wound infection:

- Fever, smell, pus, change in colour and pain.



## 4. Apply

- a** Apply inner dressing.



- b** Apply outer.



- c** Secure dressing supplies



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## Wound Healing Depends On

- Wound dressing done with proper technique.
- Pressure relief and skin care.
- Good nutrition.
- Adequate hydration.

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## Please Check With Your Healthcare Provider

- When to change the dressing.
- What to do if you detect signs of infection.
- Where to buy dressing supplies.
- Who to call if you need help.

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## Your Dressing Regimen Is

Clean with  
solution:

Apply with:  
(Dressing material)

Change  
frequency:

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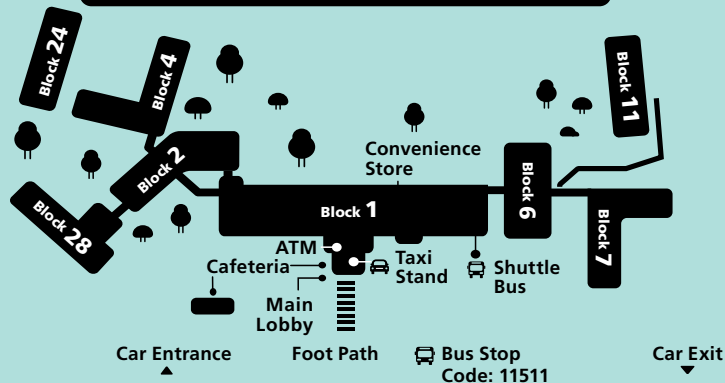
# Basic Wound Care Dressing Technique



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Notes:

# How to Get Around Alexandra Hospital



## Block 1

### Level 1

- Clinic F, Clinical Measurement Centre
- Pharmacy

### Level 2

- Clinic J, Integrated Care Clinic
  - Gynaecology Clinic
  - Outpatient Infusion Centre (OPIC)
  - Podiatry
- Clinic K, Healthy Ageing Clinic
  - Dietetics
  - General Surgery Clinic
  - Palliative Clinic
  - Physiotherapy
  - Rehabilitation & Restorative Medicine Clinic
  - Staff Clinic
  - Urology Clinic
  - Vascular Clinic

### Level 3

- Ward 7

## Block 2

### Level 1

- Clinic D, Dental Centre
- Clinic E
  - Anaesthesia Outpatient Consultation Clinic
  - Orthopaedic Centre

### Level 3

- Day Surgery Operating Theatre (DSOT)

## Block 4

### Level 1

- Ambulatory Surgery Centre
- Endoscopy Centre
- Rehabilitation 1

### Level 2

- Wards 2 and 3

### Level 3

- Wards 4 and 5

## Block 6

### Level 1

- Diagnostic Imaging 2 (DI 2)
- 24-HR Urgent Care Centre

### Level 2

- Diagnostic Imaging 3 (DI 3)
- Major Operating Theatres 1 and 2 (MOT 1 & 2)

### Level 3

- Intensive Care Unit 1 (ICU 1)
- Major Operating Theatres 3 and 4 (MOT 3 & 4)

## Block 7

### Level 1

- Wards 8 and 9

### Level 2

- Wards 10 and 11

### Level 3

- Wards 12 and 13

## Block 11

### Level 1

- Rehabilitation 2

## Block 28

### Level 1

- Care and Counselling
- Clinic A, Ear, Nose and Throat Centre (ENT Centre)

### Level 2

- Clinic B, Eye Surgery Centre

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions. Information is accurate at time of printing (January 2021) and subject to revision without prior notice.

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