

Self Care Advice:

Looking after your wounds at home

- Always try to cover your wound using a simple dressing.
- Change every seven days unless it is leaking, has fallen off, or is stained as below.
- Dressings are available free from your pharmacy

When to change your stained dressing ?



Do not
change



Do not
change



Change
dressing


Infection checklist

- Heat, redness or swelling around the wound that is getting worse
- Wetter than before
- More painful
- More yellow, green or black in the wound than before
- Bigger or deeper
- Bad smell

If you have any signs of infection which are not getting better, and you feel unwell, **call 111 for advice.**

What we miss when hand washing



 Sometimes missed

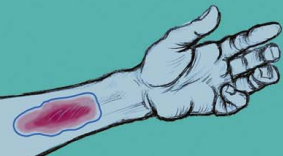


 Often missed

- Use soap to wash your hands for at least 20 seconds; before preparing or taking drugs and before or after cleaning or changing wound dressings.

Keeping your wounds clean

- Avoid touching or picking your wound.
- If it's wet, cover it up.
- **If you think your wound is getting worse, draw a circle around the wound on your skin and watch for spreading redness.**



- If the redness gets **bigger** seek advice from your GP or other health professional, like a pharmacist.
- If it's getting **smaller** it means it should be OK but still seek medical advice if you have any concerns.