

SELF CARE ADVICE:

# LOOKING AFTER YOUR WOUNDS AT HOME

- Cover wounds with a simple dressing.
- Change dressing every 7 days, or if leaking, loose, or stained. as below.
- Dressings available free from pharmacy.
- Contact local harm reduction services for any skin changes or concerns



## 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
- Strong or unpleasant smell

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

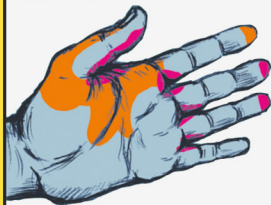


## WHAT WE MISS WHEN HAND WASHING



Sometimes missed

Often missed

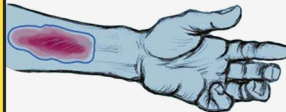


Wash your hands thoroughly with soap for at least 20 seconds before preparing or taking drugs, and before and after cleaning or changing wound dressings.

## KEEPING YOUR WOUNDS CLEAN



- Avoid touching or picking your wound
- If wound is wet, cover it up
- If you suspect your wound is worsening, draw a circle around the affected area on your skin and monitor for any spreading redness or changes.



If the redness gets **bigger**, seek advice from your GP or another healthcare professional, such as a pharmacist.

If the redness is reducing, it's a positive sign, but still consult a medical professional if you have any concerns.