

Healthcare Professional contact details

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

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**Leeds Community
Healthcare**
NHS Trust

Changing your own wound dressing

**Information for
patients and carers**



Changing your own wound dressing

- 1 Have a clean, dry surface for putting dressings and equipment on.
- 2 Wash hands with soap and water, dry thoroughly on a clean towel, or paper towel.
- 3 Prepare equipment as required including dressings:
 - Drinking quality tap water in a clean container
 - Dressing packs / dressings
 - Adhesive or tapes
 - Plastic bag for soiled dressings
 - Mirror to view wound
 - Gloves
- 4 Remove soiled dressings and place in plastic bag.
- 5 Change gloves, rewash hands or use alcohol hand rub.
- 6 If necessary clean excess discharge from surrounding skin with a moist gauze swab.

- 7 Inspect wound (use mirror if necessary) looking particularly for **signs and symptoms of infection** including:



- New or increase in redness of surrounding skin
 - Wound leaking more than normal or discharge changes colour/ thickness
 - Increase or change in smell
 - New or increase in size
 - New or increase in pain
- 8 Reapply new dressing as instructed.
 - 9 Tie plastic bag with all waste inside and dispose of as instructed by your healthcare professional.
 - 10 Wash hands (see no. 2 opposite) and replace unused equipment and dressings in clean dry storage.

Additional specific advice

e.g. bathing/showering/additional protection/frequency of dressing change:

Contact your healthcare professional if you have any of the signs or symptoms of infection, or if you have a change or increased pain in the wound or begin to feel unwell, i.e. flu like symptoms.