

### Wound care instructions

- Leave the original dressing dry and in place for 24 hours.
- Ensure Hands are washed thoroughly with soap and water before attending wound care
- After 24 hours follow these steps:
  1. Remove the dressing – soak dressing off in shower if needed.
  2. Clean with sterile saline solution - 0.9% Sodium Chloride
  3. Allow to dry
  4. Apply a thin layer of Vaseline over wound to keep moist
  5. If exposed to a dirty environment, Cover wound with a dry, non-stick dressing
  6. Repeat steps 1-5 morning and night until healed.

### Appointment/s

Action: \_\_\_\_\_ Action: \_\_\_\_\_

Time: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_

With: \_\_\_\_\_ With: \_\_\_\_\_

### If bleeding occurs:

- Elevate the area if possible, sit or lay still.
- Apply continuous firm pressure to the area for 30 minutes
- If bleeding continues, please contact the selected surgery below.

### Signs of Infection to look out for:

- Increased redness
- Increased pain
- Hot to touch
- Oozing

### Frequently used dressings/Wound care items:

- Dry NON STICK dressing pads
- Fixomull/Hyper fix (white meshed adhesive dressing)
- Micropore (skin colour tape)
- Allevyn (pink in colour used on donor sites)
- Jelonet (white soft paraffin impregnated gauze)
- Vaseline (white soft paraffin)
- Sterile Normal Saline (0.9% Sodium Chloride)
- Cotton tip applicators (4-6 per dressing change)
- Steri strips (used post removal of stitches)

If you have any queries or concerns please contact the **SELECTED** surgery below and speak with a nurse.

- Oxford Dermatology - Mt hawthorn: (08) 6140 1000 (#2 for Nurses) Email: Nurses@oxforddermatology.com.au
- Oxford Dermatology - Bunbury: (08) 6140 1080 Email: Bunburynurses@oxforddermatology.com.au
- Karrinyup Dermatology: (08) 9245 3376 (Please call Karrinyup Dermatology to make your appointment)
- Oxford Day Surgery: (08) 6147 2600

Nurse: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_