

# Changing your AQUACEL® Foam dressing at home

This guide will illustrate how to safely apply AQUACEL® Foam dressing to your wound

## Why do I need to change my dressing?

A dressing is designed to cover and protect an area to keep a wound clean. The dressing acts as a barrier to reduce the amount of bacteria able to get into the wound that could lead to an infection.

## When do I need to change my dressing?

Your dressing should be changed as per your healthcare professional's advice or if it starts to leak.



**It is important that there is a dressing on the wound at all times to reduce the risk of infection**



## What is AQUACEL® Foam dressing?

AQUACEL® Foam is a Hydrofiber® Foam dressing that forms a soft gel when it comes into contact with wound leakage, this is normal, and will help to absorb this wound leakage as well as keep your wound clean and moist.

# Before changing your dressing

## 1. Hand hygiene



Wash hands with soap and water and dry thoroughly with a clean towel

## 2. Gather all needed equipment as required



Clean disposable gloves



Mirror to view wound, if necessary



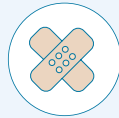
Adhesive remover, if necessary



Disposable plastic bag for used dressings



Wound cleanser or clean tap water



Dressing



Moisturisers, if necessary



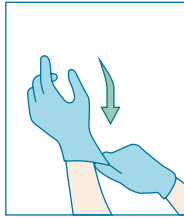
Tape and clean scissors

## 3. Removal and disposal of previous dressing



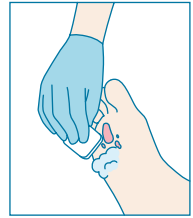
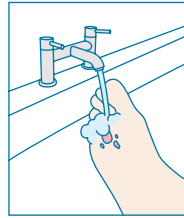
With clean, gloved hands remove dressing and dispose in a plastic bag

# Application



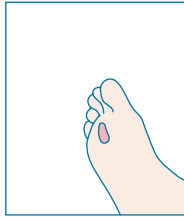
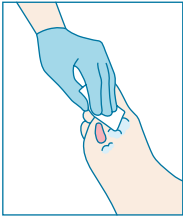
## 1 Wash hands

Wash hands with soap and water and dry thoroughly with a clean towel. Then apply clean gloves.



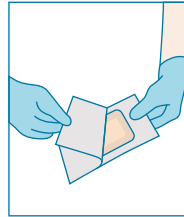
## 2 Cleanse wound

Cleanse your wound with clean water or specific wound cleansing product if advised by your healthcare professional.



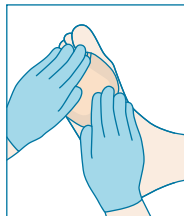
## 3 Dry the skin

Ensure the skin around the wound edge is clean and dry.



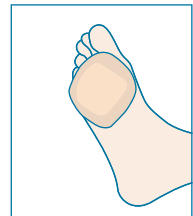
## 4 Open dressing

Repeat step 1. Carefully open packaging then, pull back clear plastic covers to the edge of dressing. Avoid touching the contact side of dressing.



## 5 Apply dressing

Line up directly over the centre of the wound, ensuring it overlaps the wound edges by 1cm. Hold with one hand, with free hand remove 1st clear plastic cover simultaneously smoothing down edges.



## 6 Secure dressing

Hold again and with opposite hand remove 2nd clear plastic cover and smooth down the edges. For Non adhesive dressing fixate as directed by healthcare provider.

For additional guidance please refer to the instructions for use leaflet in the box.  
To be used following the advice of a healthcare professional.



**If you have any of the following signs or symptoms, contact your healthcare professional**

- New or increasing size of wound
- New or spreading redness or swelling of the skin around the wound edge
- New or increasing pain
- New or increase of smell after cleansing of wound
- More wound leakage than usual

### Precautions/Warnings

- Each dressing should not be left in place for more than 7 days
- If you find the dressing difficult to remove, soak the dressing with sterile saline or clean water
- Do not use if individual dressing package is open or damaged
- Store at room temperature and in a dry place

**Please refer to the below code table to ensure you receive the correct dressing**

### **AQUACEL***Foam*

Dressing Size	Pack size	Product Code
<b>Adhesive</b>		
8cm x 8cm (3.2" x 3.2")	10	420804
10cm x 10cm (4" x 4")	10	420680
12.5cm x 12.5cm (5" x 5")	10	420619
17.5cm x 17.5cm (7" x 7")	10	420621
21cm x 21cm (8.5" x 8.5")	5	420623
19.8cm x 14cm (Heel) (8" x 5.5")	5	420625
20cm x 16.9cm (Sacral) (8" x 7")	5	420626
10cm x 20cm (4" x 8")	5	421150
10 cm x 25 cm (4" x 10")	5	421152
10cm x 30cm (4" x 12")	5	421154
25cm x 30cm (10" x 12")	5	420624
<b>Non-Adhesive</b>		
5cm x 5cm (2" x 2")	10	420631
10cm x 10cm (4" x 4")	10	420633
15cm x 15cm (6" x 6")	5	420635
20cm x 20cm (8" x 8")	5	420636
15cm x 20cm (6" x 8")	5	420637
10cm x 20cm (4" x 8")	5	421156

**For additional guidance on indications and precautions please refer to the instructions for use leaflet in the box.**

### Here to help

This brochure has been designed to help you understand how to apply and remove your dressing safely and correctly. Should you need additional advice:

For more information, please call our Customer Relations Center (Registered Nurses on staff) at **1-800-465-6302**, Monday through Friday, 8:00 AM to 6:00 PM (EST), or visit our Web Site at **www.convatec.ca**