

Dressing Regime

Clear your wound with

First dressing (dressing covers the wound)

Second Dressing (dressing covers the first dressing).

Secure dressing with:

Change dressing every:

What can you do to help your wound heal faster?

- Keep off your feet as much as possible.
- Keep the wound dressed at all times.
- Keep the dressing dry and change it if it gets wet.
- Wear the special shoes or boots given to you by your podiatrist.
- Eat a healthy and nutritious diet.

Contact Details

Podiatry South
Telstra Building Level 5
70 Collins Street, Hobart TAS 7000

Hours: Monday to Friday
9:00am – 5:00pm
Telephone: 03 6166 2600
Fax: 03 6234 5568

Tasmanian Health Service (THS)

The THS integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live. The THS includes Tasmania's largest hospital and referral centre plus a range of rural hospitals, multi-purpose and community health centres, supported by a wide range of community based services.

THS welcomes feedback from patients and visitors to help us better understand your needs and improve care. Contact the Consumer Liaison Service on (03) 6166 8154.



Tasmanian Health Service Buildings are smoke-free sites.



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Allied Health – Podiatry – Changing Wound Dressings at Home
- 20191004 Pamphlet Name:

Podiatry Services

Changing your Wound Dressings at Home



Consumer Information Brochure

TASMANIAN
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What is a wound?

A wound is an injury to the skin and tissues under the skin.

Wounds start as cuts, trauma, blisters or burns that can get worse if left untreated.

Why do wounds need to be dressed?

Wounds need to be dressed to:

- protect the wound from further injury.
- help the skin's natural healing process.
- provide an environment to help with healing.
- prevent infection and keeping the wound clean.

Wounds that are kept dressed heal faster than those exposed to air.

Junker, J. P., Kamel, R. A., Caterson, E. J., & Eriksson, E. (2013). Clinical impact upon wound healing and inflammation in moist, wet, and dry environments. *Advances in wound care*, 2(7), 348-356.

Recognising infection

Sometimes, wounds get infected. They stop healing and become worse.

It is important to recognise the signs of infection. They are:

- increased redness
- increased swelling
- increased temperature
- increased pain
- increased discharge
- a bad smell

If you notice any of the signs listed above contact your GP or call the Podiatry Department during office hours on:

(03) 6166 2600

9am-5pm

Monday to Friday

Changing your dressing

If you are changing the dressing yourself, follow the steps below:

Step 1 - Set up

- Wipe down a table or bench surface with antiseptic spray or wipes.
- Wash your hands thoroughly and if available, wear disposable gloves.
- Lay out everything you will need for the dressing change in this clean area.

Step 2 - Clean the wound

- Remove the dressing and check the wound for any signs of infection.
- Throw away the old dressing.
- Clean the wound by washing with cooled boiled water.

Step 3 - Dressing the wound

- Apply the first dressing.
- Apply the second dressing.
- Secure the dressings.

REMINDER

It is important to keep the wound clean.

Don't touch the dressing too much, hold it by the edges or with tweezers.

If you need to cut the dressing, do so with clean/disinfected metal scissors.