

A self-care guide for dressing changes

Your nurse has chosen Mepilex® Border dressing for your wound

How to apply the Mepilex® Border dressing:

1. Wash your hands with soap and warm water for 20 seconds.
2. Clean the wound as advised by your nurse and dry the surrounding skin thoroughly.
3. Ensure wound pad overlaps the dry skin surrounding your wound by at least 1-2cm.
4. Remove the release liner from the dressing and apply the adherent side to the wound, taking care not to stretch the dressing.



5. Smooth down all the borders.



When to change your dressing:

Your nurse's advice is to change the dressing:

For further help and guidance please contact your nurse:

Things to keep in mind:

- ✓ Discolouration on the back of your dressing is completely normal
- ✓ Your dressing can be left on for several days
- ✓ Your dressing can be worn in the shower
- ✓ Mepilex Border Flex dressing is for single-use only and should not be re-used

Mepilex Border dressing should be handled and applied by health care professionals, however, if a health care professional is not available, a family member or yourself may need to do the dressing change. The manufacturer does not take any responsibility or liability connected to the application of the dressing by such persons. Accordingly, if Mepilex Border is applied by a person that is not a health care professional, that is strictly at the user's own risk.

Find out more at www.molnlycke.com

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