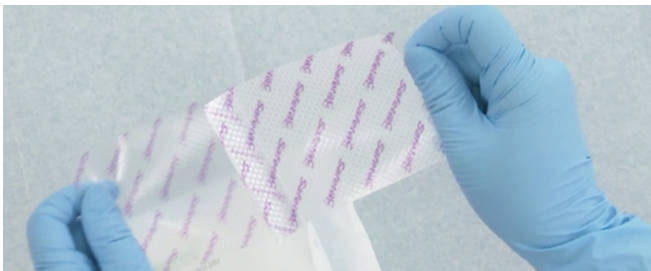


# A self-care guide for dressing changes

Your nurse has chosen Mepitel® dressing for your wound

## How to apply the Mepitel® 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. Take the dressing out of the packaging.
4. Before you apply the dressing, if you are wearing gloves, wet your gloved finger tips, this will stop the dressing from sticking to your gloves. While holding the larger release liner, remove the smaller one.



5. Apply Mepitel over the wound and remove the remaining release liner.



6. Smooth in place onto the surrounding skin of your wound to get a good seal.



7. Cover Mepitel dressing with the outer dressing advised by your nurse.



8. Apply a bandage to keep the dressing in place.

## When to change your dressing:

Your nurse will advise you when to change the Mepitel dressing:

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For further help and guidance please contact your nurse:

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If you have access to the internet, you can watch the video on how to apply your dressing, using this link (or use your phone to scan the code):



[www.molnlycke.com/Mepitel-application](http://www.molnlycke.com/Mepitel-application)

### Things to keep in mind:

- ✓ Mepitel dressing is for single-use only and should not be re-used.

Mepitel 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 Mepitel 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](http://www.molnlycke.com)

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